

WEEK 1: Stress Resilience Workshop Progress Log

Name: _____ DOB: _____ Program Start Date: _____

Checklist Items for this week	Day: Date:	Day: Date:	Day: Date:	Day: Date:	Day: Date:	Day: Date:	Day: Date:	TOTALS/ AVG
Belly breathing (5 mins/day)								

Patient's Reflection:

Accomplishments _____

Opportunities to improve _____

WEEK 1 HOMEWORK:

Rate on a scale of 0-10 for the week

Sleep: _____ / 10
Energy: _____ / 10
Pain: _____ / 10
Mood: _____ / 10
Anxiety/Stress _____ / 10
GI: _____ / 10

1. Do Simplify Life Exercise
2. Practice Belly Breathing 5 mins per day
3. Download "Inner Balance" app from the app store on your smart phone and connect Bluetooth by following the instructions inside the box- This will prepare you for next week's session.

WEEK 2: Stress Resilience Workshop Progress Log

Name: _____ DOB: _____ Program Start Date: _____ Starting Wt: _____

Checklist Items for this week	Day: Date:	Day: Date:	Day: Date:	Day: Date:	Day: Date:	Day: Date:	Day: Date:	TOTALS/ AVG
Belly breathing (5 mins/day)								
Heart Math Practice (5 mins/day)								
% in Green on Inner Balance App								

Patient's Reflection:

Accomplishments _____

Opportunities to improve _____

WEEK 2 HOMEWORK:

Rate on a scale of 0-10 for the week

Sleep: _____ / 10
Energy: _____ / 10
Pain: _____ / 10
Mood: _____ / 10
Anxiety/Stress _____ / 10
GI: _____ / 10

- 1. Continue with practices from Week 1
- 2. Do Exercise 2 "Achieving coherence" in your handbook and start practicing Heart Math's Quick Coherence Technique as we reviewed in class for 5 minutes per day. Use your ear piece to track progress.
- 3. Visit www.experience.heartmath.com and sign up for free video course. Watch vids 1-3.

Name: _____ DOB: _____ Program Start Date: _____ Starting Wt: _____

Checklist Items for this week	Day: Date:	Day: Date:	Day: Date:	Day: Date:	Day: Date:	Day: Date:	Day: Date:	TOTALS/ AVG
Belly breathing (5 mins/day)								
Heart Math Practice (5 mins/day)								
% in Green on Inner Balance App								
5,4,3,2,1 exercise (at least 1x this week)								

Patient's Reflection:

Accomplishments _____

Opportunities to improve _____

WEEK 3 HOMEWORK

Rate on a scale of 0-10 for the week

Sleep: _____ / 10
 Energy: _____ / 10
 Pain: _____ / 10
 Mood: _____ / 10
 Anxiety/Stress _____ / 10
 GI: _____ / 10

1. Continue with practices from Week 1 and 2
2. Do Exercise 3 "Changing the stress pattern" in your handbook and start practicing the 5,4,3,2,1 exercise.
3. Pay attention to the way you make your "to-do" lists and turn them into "done lists!"
4. Watch videos 4-6 in the Heart Math Experience Course online

Name: _____ DOB: _____ Program Start Date: _____ Starting Wt: _____

Checklist Items for this week	Day: Date:	Day: Date:	Day: Date:	Day: Date:	Day: Date:	Day: Date:	Day: Date:	TOTALS/ AVG
Belly breathing (5 mins/day)								
Heart Math Practice (5 mins/day)								
% in Green on Inner Balance App								
5,4,3,2,1 exercise (at least 1x this week)								
OTHER:								
Legs up the wall (aim for 10 mins)								
Sleep # of hrs (aim for 7-8 continuous)								

Patient's Reflection:

Accomplishments _____

Opportunities to improve _____

WEEK 4 HOMEWORK

Rate on a scale of 0-10 for the week

Sleep: _____ / 10
 Energy: _____ / 10
 Pain: _____ / 10
 Mood: _____ / 10
 Anxiety/Stress _____ / 10
 GI: _____ / 10

1. Continue with practice from week 1-3
2. Spend 5-10 minutes each day in a restorative yoga pose, such as "legs up the wall."
3. Watch videos 7-10 in the Heart Math Experience Course online

IF YOU COMPLETED THESE LOG SHEETS, CONGRATS!!! SEND THEM TO ME FOR 15% OFF YOUR NEXT SUPPLEMENT ORDER THROUGH SAJUNE MEDICAL CENTER!