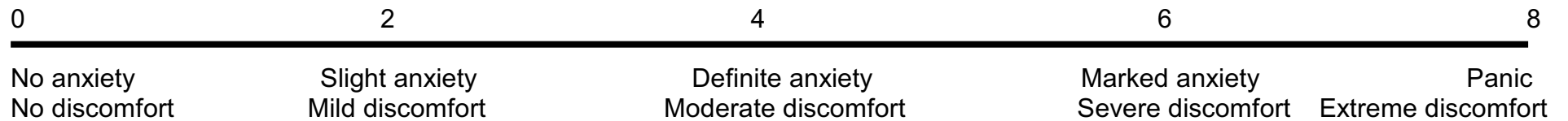


Monitoring Your Progress:

Name:
Week Commencing:
Goal No. 1:
Goal No. 2:
Goal No. 3:
Goal No. 4:

Use the following scale to rate your anxiety / tension / discomfort levels:



Your Progress Record:

Date	Duration	Goal No.	Task Performed	Anxiety before	Anxiety during	Anxiety after	Comments / Coping Tactics