

## Breathing Skills Record

Rate your concentration on breathing and counting during the exercise and your success with relying mostly on your diaphragm for breathing, on 0–10-point scales (where 0 = none and 10 = excellent), after each practice (twice per day).

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
 None                      Mild                      Moderate                      Strong                      Excellent

Date	Practice	Concentration on Breathing and Counting	Success With Breathing
	1		
	2		
	1		
	2		
	1		
	2		
	1		
	2		
	1		
	2		
	1		
	2		
	1		
	2		
	1		
	2		
	1		
	2		