

Homework Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity/date							
Relaxation practice							
First exercise: Relaxation rating (0-10)							
Second Exercise: Relaxation rating (0-10)							
Read the MVA description aloud (How many times?)							
Travel behavior attempted (check if yes)							
Subjective Units of Discomfort (SUDS) (before/after)							
Travel behavior attempted							
Subjective Units of Discomfort (SUDS) (before/after)							
Pleasurable activity attempted (check if yes)							
Other							

Relaxation rating: 0 = not relaxed; 10 = extremely relaxed. SUDS rating (Subjective Units of Discomfort): 0 = not at all distressed, 100 = extremely distressed, panic.