



HappyBrainWaves

Relaxation/*Stress* Listening Log

Enter date each day.

Circle Track listened to.

See footnotes.

Day 1 Date..... Session. 1 Session 2	Day 2 Date..... Session. 1 Session 2	Day 3 Date..... Session. 1 Session 2	Day 4 Date..... Session. 1 Session 2	Day 5 Date..... Session. 1 Session 2
Day 6 Date..... Session. 1 Session 2	Day 7 Date..... Session. 1 Session 2	Day 8 Date..... Session. 1 Session 2	Day 9 Date..... Session. 1 Session 2	Day 10 Date..... Session. 1 Session 2
Day 11 Date..... Session. 1 Session 2	Day 12 Date..... Session. 1 Session 2	Day 13 Date....." Session. 1 Session 2	Day 14 Date..... Session. 1 Session 2	Day 15 Date..... Session. 1 Session 2
Day 16 Date..... Session. 1 Session 2	Day 17 Date..... Session. 1 Session 2	Day 18 Date..... Session. 1 Session 2	Day 19 Date..... Session. 1 Session 2	Day 20 Date..... Session. 1 Session 2
Day 21 Date..... Session. 1 Session 2	Day 22 Date..... Session. 1 Session 2	Day 23 Date..... Session. 1 Session 2	Day 24 Date..... Session. 1 Session 2	Day 25 Date..... Session. 1 Session 2
Day 26 Date..... Session. 1 Session 2	Day 27 Date..... Session. 1 Session 2	Day 28 Date..... Session. 1 Session 2	Day 29 Date..... Session. 1 Session 2	Day 30 Date..... Session. 1 Session 2

Footnote:

If for some reason you *MISS* a session, or a day, *cross out* the session or day. Still enter date.

If you listen to a *track twice or more* in a day, put a square around it.

Reverse your headphones with right headphone on left ear etc. Put an **R** next to that day's track.

Do it regularly. This creates a different but positive experience. Find out by experimenting, what works for you. Persist. Use Daily for 30-90 days. Regularly after that.

(www.happybrainwaves.com)

Ref: Stress CD Listening Log.word doc