

Name: _____ Per.: _____ Date: _____

IMAGERY LOG

Project 17

Fill in the dates for each day as you go along. Record how many minutes you spend actively utilizing imagery each day. Also, put either a “smiley face” or a “frowny face” for each day to indicate how the imagery session went. Be honest. Turn it in at the end of the term. For full credit you will need _____ total minutes.

SUN	MON	TUE	WED	THUR	FRI	SAT	
							Total for Week:
							Total for Week
							Total for Week
							Total for Week
							Total for Week
							Total for Week
							Total for Week

SUN	MON	TUE	WED	THUR	FRI	SAT	
							Total for Week:
							Total for Week
							Total for Week
							Total for Week
							Total for Week
							Total for Week
							Total for Week

Total for Term:
