



Name (of Behavior)

High Score (Frequency of Bx)

Length in Position (Duration)

Team Location (Where it occurs)

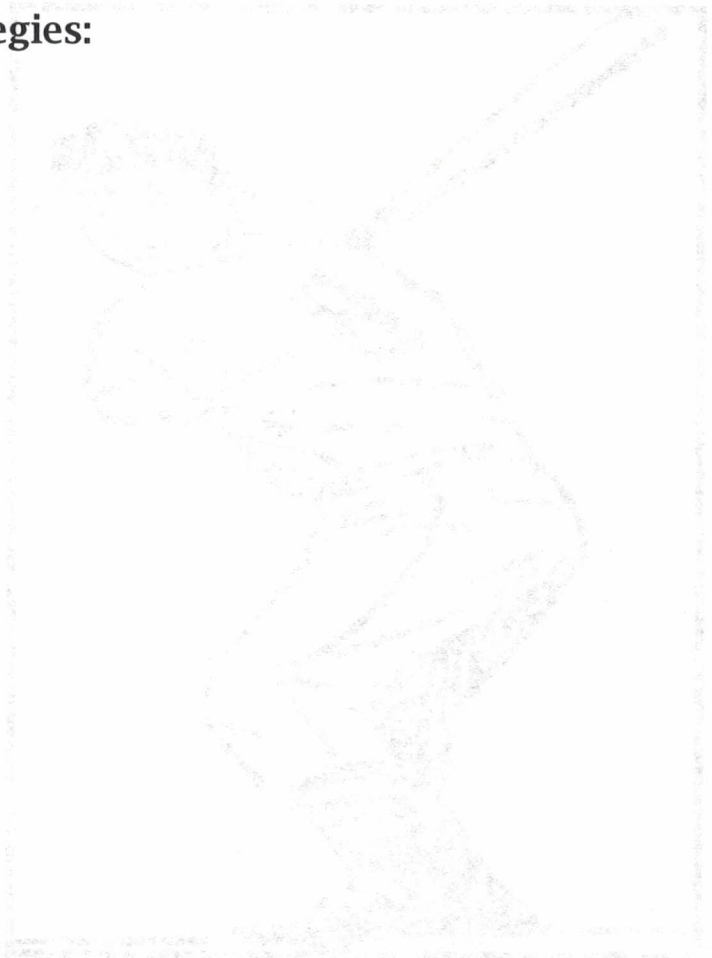
Pre-Game Rituals (What happens just before?)

Post-Game Rituals (What happens just after Bx)

Tips from the Pro (What makes it better or worse?)

...entire?)

Associated Relaxation Strategies:



Associated Feelings:

Associated Cognitions:

Handwritten notes:
The relaxation strategy is...
The associated feelings are...
The associated cognitions are...