Protocol for Relaxation Phase 1

DATE										
Sit 5 sec C/T	✓									
Sit 10 sec C/T	✓									
Sit, 1 step back, return C/T	✓									
Sit, 2 steps back, return C/T	✓									
Sit 10 sec C/T	✓									
Sit, 1 step to right, return C/T	✓									
Sit, 1 step to left, return C/T	✓									
Sit 10 sec C/T	✓									
Sit, 2 steps back, return C/T	✓									
Sit, 2 steps to right, return C/T	✓									
Sit 15 sec C/T	✓									
Sit, 2 steps to left, return C/T	X									
Sit, clap hands softly once C/T	✓									
Sit, 3 steps back, return C/T	X									
Sit, count to 10 C/T	✓									
Sit, clap hands once C/T	✓									
Sit, count to 20 C/T	✓									
Sit, 3 steps to right, return C/T	X									
Sit, clap hands twice C/T	✓									
Sit 3 sec C/T	✓									
Sit 5 sec C/T	✓									
Sit, 1 step back, return C/T	✓									
Sit 3 sec C/T	✓									
Sit 10 sec C/T	✓									
Sit 5 sec C/T	✓									
Sit 3 sec C/T	✓									