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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stress Busters <input checked="" type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>

Day of the week	Problem <input type="checkbox"/>	Thoughts and feelings	You do something			Consequence	
			Hot Talk 	Cool Talk 	Breathing 		
Sunday	<input type="checkbox"/>	hot _____ warm _____ cool _____ 	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Monday	<input type="checkbox"/>	hot _____ warm _____ cool _____ 	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Tuesday	<input type="checkbox"/>	hot _____ warm _____ cool _____ 	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Wednesday	<input type="checkbox"/>	hot _____ warm _____ cool _____ 	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Thursday	<input type="checkbox"/>	hot _____ warm _____ cool _____ 	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Friday	<input type="checkbox"/>	hot _____ warm _____ cool _____ 	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
Saturday	<input type="checkbox"/>	hot _____ warm _____ cool _____ 	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>