MINDFULNESS PRACTICE LOG

Date	Formal Mindfulness with Audio Recording	Mindfulness of Daily Activities	Observations/Comments/Challenges
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
	Describe what you did: How many **minutes total**? _____	Describe what you did:	
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