

Daily Log for Mindfulness and Meditation for Week 1

Name: _____

Daily life activity done mindfully this week: _____

Date	Mindfulness Exercise	Minutes of Practice	Two things I am grateful for
<i>Eg. Mon, Oct 9, 23</i>	<i>Body Scan</i>	<i>10 min</i>	<i>1. Feeling the wind on my face as I walked. 2. Being aware of the taste of the food.</i>

Please bring to the next weekly session.

Daily Log for Mindfulness and Meditation for Week 2

Name: _____

Daily life activity done mindfully this week: _____

Date	Mindfulness Exercise	Minutes of Practice	Two things I am grateful for

Please bring to the next weekly session.

Daily Log for Mindfulness and Meditation for Week 3

Name: _____

Daily life activity done mindfully this week: _____

Date	Mindfulness Exercise	Minutes of Practice	Two things I am grateful for

Please bring to the next weekly session.