Mindfulness Journal

NAME: _____ MBSR WEEK #_____

ACTIVITIES	Body Scan		Yoga		Formal Sitting		Mindfulness moments throughout the day	
Week Days	*Time Spent*		*Time Spent*		*Time Spent*		*Time Spent*	
Sunday	minutes	hours	minutes	hours	minutes	hours	minutes	hours
Monday	minutes	hours	minutes	hours	minutes	hours	minutes	hours
Tuesday	minutes	hours	minutes	hours	minutes	hours	minutes	hours
Wednesday	minutes	hours	minutes	hours	minutes	hours	minutes	hours
Thursday	minutes	hours	minutes	hours	minutes	hours	minutes	hours
Friday	minutes	hours	minutes	hours	minutes	hours	minutes	hours
Saturday	minutes	hours	minutes	hours	minutes	hours	minutes	hours