

Formal Mindfulness Practice Log

The goal for formal practice, to begin with, is at least 10 minutes a day of sitting meditation. More is better, but anything is better than nothing. If you can, gradually increase to 20, 30, even 40 minutes per session. You can listen to a guided meditation or simply meditate on the breath. Write in this log immediately after each sit. It will help you to sustain the practice.

Date	Type of Practice	What did you notice in the mind, body, and feelings?