



Mindfulness Tracker

	Sun	Mon	Tue	Wed	Thur	Fri	Sat	Total
Wk I								
Wk II								
Wk III								
Wk IV								

Directions

Pick a time or activity to practice mindfulness - as close to daily as you can without stressing.

As you get into the swing of this, you may find that you will do an extra, unplanned moment or minute of mindfulness sometimes.

For each day note planned mindfulness and give yourself 3 points. Then for any spontaneous or unplanned mindfulness give yourself an extra 2 points.

Total your points at the end of the week. If you go for longer than one week, add up your weekly totals as well.