DAILY JOURNAL

Name:	

date	What have I learned from my life today? (or what lessons does your life teach you today? or any repeating the same lesson)	what have I done for others or world today?

Rev .1

MEDITATION JOURNAL

			Name:
date	meditation type	duration	What you learned (or repeating experiences or note)
	e.g. sitting meditation	30 min	

Total time:_____

BREATH AWARENESS TEST

Week of	MON e.g. ++	TUE	WED	THU	FRI	SAT	SUN	total +	total -

Total positive:	Total negative:

Name: _____

Use + for positive and – for negative to mark to the test result. Record all the tests.

ATTENTION SPAN

Day of Month	Attention span
	•
average	
avolago	

Name:	
Year: _	Month:

How to Measure:

- 1 start a timer.
- pay attention to your breathing at all times.
 stop the timer if you paid attention to something else.

SHORT MEDITATION LOG

						Name	:		
Week of	MON	TUE	WED	THU	FRI	SAT	SUN	total tally	total minute
	e.g. ###								

	Total tally:	_Total minute:
Use a tally mark to record your practice.		
The length of each practice session is 5 minutes unle	ess specified here:	minutes

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ONE BREATH LOG

Week of	MON e.g.	TUE	WED	THU	FRI	SAT	SUN	total tally

Total	tallv:	

Name: _____

Use a tally mark to record your one mindful (or conscious) breathing.

MEDITATION LOG

Name:							
MON	TUE	WED	THU	FRI	SAT	SUN	Total
30 m							
MON	TUE	WED	THU	FRI	SAT	SUN	Total
30 m							
	30 m	30 m	MON TUE WED	MON TUE WED THU 30 m MON TUE WED THU	MON TUE WED THU FRI	MON TUE WED THU FRI SAT	MON TUE WED THU FRI SAT SUN

Total time:_____

EATING JOURNAL

			Name:
date	time	dura tion	What were you aware of while eating? (what else you learned or note)
	e.g. 12 pm	20 min	

Total time:_____