

DAILY JOURNAL

Name: _____

[illegible]

MEDITATION JOURNAL

Name: _____

[illegible]

Total time: _____

BREATH AWARENESS TEST

Name: _____

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

Total positive: _____ Total negative: _____

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

Record all the tests.

ATTENTION SPAN

[illegible]

Name: _____

Year: _____ Month: _____

How to Measure:

- 1 start a timer.
- 2 pay attention to your breathing at all times.
- 3 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 unless specified here: _____ minutes

ONE BREATH LOG

Name: _____

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

Total tally: _____

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

MEDITATION LOG

Name: _____

Week Of: _____

meditation type	MON	TUE	WED	THU	FRI	SAT	SUN	Total
<i>e.g. sitting meditation</i>	<i>30 m</i>							

Week Of: _____

meditation type	MON	TUE	WED	THU	FRI	SAT	SUN	Total
<i>e.g. sitting meditation</i>	<i>30 m</i>							

Total time: _____

EATING JOURNAL

Name: _____

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

Total time:_____