

Mindfulness Practice Log

Keep track of the mindfulness exercises you tried this week. Also note how many times you practiced each day.

	Mindfulness Practice	# of Practices
Monday	<input type="checkbox"/> Pain Desensitization Practice <input type="checkbox"/> Loving Kindness <input type="checkbox"/> 3 Minute Breathing <input type="checkbox"/> Body Scan <input type="checkbox"/> Breath and Body Awareness <input type="checkbox"/> Other	
Tuesday	<input type="checkbox"/> Pain Desensitization Practice <input type="checkbox"/> Loving Kindness <input type="checkbox"/> 3 Minute Breathing <input type="checkbox"/> Body Scan <input type="checkbox"/> Breath and Body Awareness <input type="checkbox"/> Other	
Wednesday	<input type="checkbox"/> Pain Desensitization Practice <input type="checkbox"/> Loving Kindness <input type="checkbox"/> 3 Minute Breathing <input type="checkbox"/> Body Scan <input type="checkbox"/> Breath and Body Awareness <input type="checkbox"/> Other	
Thursday	<input type="checkbox"/> Pain Desensitization Practice <input type="checkbox"/> Loving Kindness <input type="checkbox"/> 3 Minute Breathing <input type="checkbox"/> Body Scan <input type="checkbox"/> Breath and Body Awareness <input type="checkbox"/> Other	
Friday	<input type="checkbox"/> Pain Desensitization Practice <input type="checkbox"/> Loving Kindness <input type="checkbox"/> 3 Minute Breathing <input type="checkbox"/> Body Scan <input type="checkbox"/> Breath and Body Awareness <input type="checkbox"/> Other	
Saturday	<input type="checkbox"/> Pain Desensitization Practice <input type="checkbox"/> Loving Kindness <input type="checkbox"/> 3 Minute Breathing <input type="checkbox"/> Body Scan <input type="checkbox"/> Breath and Body Awareness <input type="checkbox"/> Other	
Sunday	<input type="checkbox"/> Pain Desensitization Practice <input type="checkbox"/> Loving Kindness <input type="checkbox"/> 3 Minute Breathing <input type="checkbox"/> Body Scan <input type="checkbox"/> Breath and Body Awareness <input type="checkbox"/> Other	