

# Mindfulness practice log

Name \_\_\_\_\_

Date \_\_\_\_\_

### Pain Rating

**0 1 2 3 4 5 6 7 8 9 10**  
 least \_\_\_\_\_ → most

Date	Time	How long	Pain before	Pain after	Comments: Which meditation? How did it work?
Saturday 1	10:30 am	10 min	6	4	Paced breathing 7 breaths per minute
Monday 1					
Monday 2					
Tuesday 1					
Tuesday 2					
Wednesday 1					
Wednesday 2					
Thursday 1					
Thursday 2					
Friday 1					
Friday 2					
Saturday 1					
Saturday 2					
Sunday 1					
Sunday 2					

Reminder, the only bad meditation is no meditation at all.  
 If you miss a meditation or day, do not stop, just pick it up the next day.  
 Gradual improvement is better than delayed perfection.