|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Day/Time | Formal Practice | Informal Practice 1 | Informal Practice 2 | Reflections |
| Monday |  |  |  |  |
| Tuesday |  |  |  |  |
| Wednesday |  |  |  |  |
| Thursday |  |  |  |  |
| Friday |  |  |  |  |
| Saturday |  |  |  |  |
| Sunday |  |  |  |  |
|  |  |  | Made in Office 2007 for office2007.com |  |

Mindfulness Practice Log