

MINDFULNESS TRACKER

Month: _____ Intention: _____

DAY	FOCUS / TECHNIQUE	AM	PM
Monday	Breath Awareness		
Tuesday	Body Scan		
Wednesday	Loving-Kindness		
Thursday	Walking Meditation		
Friday	Observing Thoughts		
Saturday	Guided Visualization		
Sunday	Gratitude Reflection		

WEEKLY MILESTONE

Reward for 7 days of consistency:

MONTHLY REFLECTION

How do I feel today?

Be present. Breathe. Begin again.