Mindfulness Meditation Practice Log

The goal for formal practice, to begin with, is at least 10 minutes a day of sitting meditation. More is better, but anything is better than nothing. If you can, gradually increase to 20 or 30 minutes per session. You can listen to a guided meditation or simply meditate on the breath. Write in this log immediately after each sit. It will help to sustain the practice.

Date	**Time of day**	**Length of practice**	**Type of practice**	**Notes:** What did you notice? What challenges or insights arose? What questions came up for you?