

# Weekly Mindfulness Activities Record

For the week of \_\_\_\_\_

Day	Mindful Breathing	Wise-Mind Meditation	Self-Compassion Meditation	Doing Tasks Mindfully	Other Mindful Exercise	Other Mindful Exercise
Monday	Time:	Time:	Time:	What:  Where:		
Tuesday	Time:	Time:	Time:	What:  Where:		
Wednesday	Time:	Time:	Time:	What:  Where:		

Day	Mindful Breathing	Wise-Mind Meditation	Self-Compassion Meditation	Doing Tasks Mindfully	Other Mindful Exercise	Other Mindful Exercise
Thursday	Time:	Time:	Time:	What:  Where:		
Friday	Time:	Time:	Time:	What:  Where:		
Saturday	Time:	Time:	Time:	What:  Where:		
Sunday	Time:	Time:	Time:	What:  Where:		