Mindfulness Activity Log

Month:			
Activity: STA²R , Mindful Breathing, Observing (mind watching), Expansion, Urge Surfing, Mindful Eating, Mindful Walking, Observing Others, Notice 5 Things, HEAL Bridle Meditations: Be Still, Remember, Serve, or Let Go.			
Day	**Activity**	**Time Spent**	**Thoughts**