Mark which days you practiced mindfullness.

S	M	T	W	T	F	S
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○
○	○	○	○	○	○	○

Site Name

Email

"The little things?
The little moments?
They aren't little."
~ Jon Kabat-Zinn

Month & Year

What
Challenges are you EXPERIENCING
right now:

This month's
Mindful MOMENT
Activity:

One
Mindful MOMENT
Observed: