

Mindful Minute Tracker

Daily Log - 2 Weeks/14 Days

Day 1

Date: _____

Cue Used: _____

Time of Day: _____ Mind Wandered? (Y/N): _____

How many times did you say 'thinking?': _____ Calm Rating (1-10): _____

Day 2

Date: _____

Cue Used: _____

Time of Day: _____ Mind Wandered? (Y/N): _____

How many times did you say 'thinking?': _____ Calm Rating (1-10): _____

Day 3

Date: _____

Cue Used: _____

Time of Day: _____ Mind Wandered? (Y/N): _____

How many times did you say 'thinking?': _____ Calm Rating (1-10): _____

Day 4

Date: _____

Cue Used: _____

Time of Day: _____ Mind Wandered? (Y/N): _____

How many times did you say 'thinking?': _____ Calm Rating (1-10): _____

Day 5

Date: _____

Cue Used: _____

Time of Day: _____ Mind Wandered? (Y/N): _____

How many times did you say 'thinking?': _____ Calm Rating (1-10): _____

Day 6

Date: _____

Cue Used: _____

Time of Day: _____ Mind Wandered? (Y/N): _____

How many times did you say 'thinking?': _____ Calm Rating (1-10): _____

Day 7

Date: _____

Cue Used: _____

Time of Day: _____ Mind Wandered? (Y/N): _____

How many times did you say 'thinking?': _____ Calm Rating (1-10): _____

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Day 8

Date: _____

Cue Used: _____

Time of Day: _____ Mind Wandered? (Y/N): _____

How many times did you say 'thinking?': _____ Calm Rating (1-10): _____

Day 9

Date: _____

Cue Used: _____

Time of Day: _____ Mind Wandered? (Y/N): _____

How many times did you say 'thinking?': _____ Calm Rating (1-10): _____

Day 10

Date: _____

Cue Used: _____

Time of Day: _____ Mind Wandered? (Y/N): _____

How many times did you say 'thinking?': _____ Calm Rating (1-10): _____

Day 11

Date: _____

Cue Used: _____

Time of Day: _____ Mind Wandered? (Y/N): _____

How many times did you say 'thinking?': _____ Calm Rating (1-10): _____

Day 12

Date: _____

Cue Used: _____

Time of Day: _____ Mind Wandered? (Y/N): _____

How many times did you say 'thinking?': _____ Calm Rating (1-10): _____

Day 13

Date: _____

Cue Used: _____

Time of Day: _____ Mind Wandered? (Y/N): _____

How many times did you say 'thinking?': _____ Calm Rating (1-10): _____

Day 14

Date: _____

Cue Used: _____

Time of Day: _____ Mind Wandered? (Y/N): _____

How many times did you say 'thinking?': _____ Calm Rating (1-10): _____