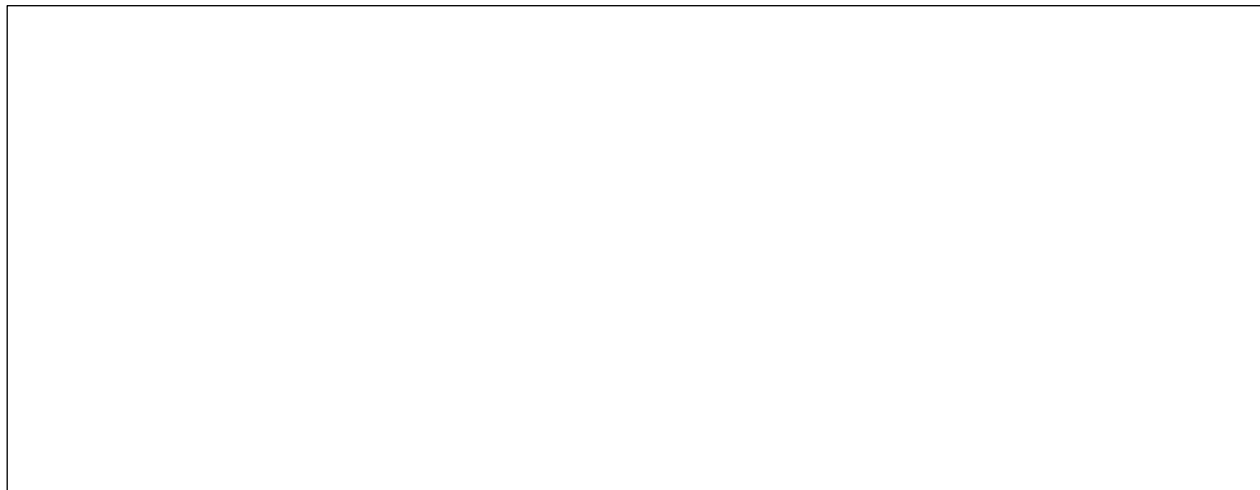


Daily Home Practice Journal – Session 1

Please record your daily mindfulness practice on this form. Please use the final column to reflect on anything that came up for you in your practice.

Day	Mindful routine activity (What activity did you do mindfully?)	Eat one meal mindfully	Reflections
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Please reflect on talking about what you learned from this session with a support person in your life.

A large, empty rectangular box with a thin black border, intended for the user to write their reflection on the session.