

Daily Record of Mindfulness of Breath

Use the scale below to indicate the degree of mindfulness *before* and *after* practise. You may also like to include comments about your practise such as how easily you were able to accept your experience and shift your attention back to the breath, what sort of day you have had or perhaps why you missed practise.

Feeling very distracted	0	1	2	3	4	5	6	7	8	9	10	Feeling very aware
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Day	Date / Time	Mindfulness level before Practise	Mindfulness level after Practise	Comments
	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			

	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			
	Practise 1:			
	Practise 2:			