

Daily Record of Mindfulness of Body Sensations

Use the scale below to indicate how you went with focusing your attention on sensations in the body, in a mindful and accepting manner. You may also like to include comments about your practise such as what sensations arose for you, their intensity, or perhaps why you missed a practise session.

Not mindful of sensations	0	1	2	3	4	5	6	7	8	9	10	Very mindful of sensations
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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:			