

MINDFULNESS + COMPASSION WEEKLY PRACTICE LOG

Day /Date	Name of Practice	Duration	Comments/Outcome How helpful was it?
Monday			
Tuesday			
Wednes.			
Thursday			
Friday			
Saturday			
Sunday			

This worksheet is presented by Marie Bloomfield www.bloomfieldpsychology.com.au
Permission is granted for the free reproduction and dissemination of this form for clinical or training purposes.