## Daily practice log

Practice	Sun	Mon	Tues	Weds	Thurs	Fri	Sat
Mindfulness practice							
Soothing rhythm breathing							

Practice notes	5
Day	

ractice notes					
Day	What was helpful?	What obstacles came up?			
Sunday					
Monday					
Tuesday					
Tucsuay					
Wednesday					
Thursday					
Friday					
Saturday					
Sacarday					