

Mindfulness Tracker

A tool to cultivate awareness and well-being

Name: _____

Week of: _____

Mindfulness Habits Tracker

Check off each day you practiced:

Habit / Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Deep breathing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mindful walking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meditation / stillness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Body awareness (check-in)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gratitude practice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reduced distractions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Mood Awareness

How did I feel most of this week?

- Calm
- Present
- Distracted
- Stressed
- Overwhelmed
- Balanced
- Other: _____



Mindful Moments

Write one moment where you felt truly present:

What Helped Me Stay Present?

Reflection

What did I notice about my thoughts or feelings this week?

What can I do to be more mindful next week?

"Be where you are. That is enough."