



Monthly Mindfulness Tracker



DATE/TIME	PRACTICE	MOOD (+/-)	FOCUS (+/-)
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			



Print Full Name

Work Location

Date of Birth
(MM/DD/YY)

Monthly Mindfulness Tracker

- Must complete between 10 & 15 Mindfulness activities per month.
- Mindfulness Examples; Meditation, yoga, mindfulness wake up/make your bed, Mindfulness eating, Walking
- Complete this form for everyday of the month that you perform a mindfulness activity · Pony/email this form each month to Mark.Dionisio@stlucieschools.org
- You must have Florida Blue insurance with the district to participate



Reflection:

WHICH PRACTICE DID YOU FIND MOST BENEFICIAL?

WHAT CHANGES, IF ANY, HAVE YOU NOTICED FROM YOUR PRACTICE THIS MONTH?



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