

## Practice Log - Week 1

**FORMAL PRACTICE:** Read [The Body Scan Meditation](#). Do the [Body Scan](#) at least six times this week. Don't expect to feel anything in particular from this practice. In fact, give up all expectations about it. Just let your experience be your experience. *The link for the Body Scan, and for all the Guided Practices, can be found in the left-hand menu of the online course (palousemindfulness.com).*

Record on this form each time you do the Body Scan. In the comment field, put just a few words to remind you of your impressions of that particular body scan: what came up, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. ***It's important to write the comments immediately after the practice because it will be hard to reconstruct later.***

**INFORMAL PRACTICE:** Each day this week, see if you can bring mindful awareness to some otherwise routine activity. Before you go to bed each night, see if you can recall at least one example of "simple awareness" and record it on the [Informal Practice Log \(Simple Awareness\)](#).

Date Completed

Formal Practice Comments (Body Scan)

17/09/206	<p><b>EXAMPLE</b>  <i>I felt a cold sensation throughout my legs and a slight tightness around the abdomen area as I'm taking in deep breaths. My shoulders were relaxed yet I felt tall and upright. With each breath I felt calm, peace, and perhaps a bit of apathy. By the end of the session I felt quite refreshed.</i></p>