



Be Mindful Daily

CHALLENGE

Create a daily mindfulness practice

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Record the number of days practice mindfulness.
3. Use the calendar to record the actions and choices you make to create a daily mindfulness practice.
4. At the end of the month, total the number of days you take steps to Be Mindful Daily. Then keep up the practice for a lifetime of best health. .

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
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HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		

_____ Number of days this month I practiced mindfulness
 _____ Number of days this month I exercised at least 30 minutes



Other wellness projects completed this month:

Name _____ Date _____

