

the mindful path - 28 Day Mindfulness Challenge

Tracking a new habit is a great way of encouraging consistency. Print out this chart and cross off each day as you complete your mindfulness session, recording how many mindful minutes you managed each day, each week, and in total.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total mindful minutes
Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Week 1:
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Total mindful minutes
Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Week 2:
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	Total mindful minutes
Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Week 3:
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28!	Total mindful minutes
Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Minutes:	Week 4:
Total mindful minutes for the whole 28 day challenge:							