

Mindful Activity Calendar

Day	Planned activity	Identify/rate your mood before your planned activity (1-10)	Were you mindful during this activity? (present, focused on one thing at a time, non-judgmental)	Describe what you felt in your body during this activity.	What emotions and thoughts accompanied activity	Identify/rate your mood after the activity (1-10). Was this activity helpful?
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						