

COMMIT TO SIT

Practice Log

Week 1

Record in this log your daily formal practice: what you did and for how long. Note your impressions of what came up during the practice, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. You can also make note of any informal practice experiences.

It's important to write the comments immediately because it will be hard to reconstruct later. If you miss a day, just put a line through the comment field.

Day	Comments
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

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Practice Log

Week 2

Record in this log your daily formal practice: what you did and for how long. Note your impressions of what came up during the practice, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. You can also make note of any informal practice experiences.

It's important to write the comments immediately because it will be hard to reconstruct later. If you miss a day, just put a line through the comment field.

Day	Comments
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

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Practice Log

Week 3

Record in this log your daily formal practice: what you did and for how long. Note your impressions of what came up during the practice, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. You can also make note of any informal practice experiences.

It's important to write the comments immediately because it will be hard to reconstruct later. If you miss a day, just put a line through the comment field.

Day	Comments
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

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Practice Log

Week 4

Record in this log your daily formal practice: what you did and for how long. Note your impressions of what came up during the practice, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. You can also make note of any informal practice experiences.

It's important to write the comments immediately because it will be hard to reconstruct later. If you miss a day, just put a line through the comment field.

Day	Comments
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

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Practice Log

Week 5

Record in this log your daily formal practice: what you did and for how long. Note your impressions of what came up during the practice, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. You can also make note of any informal practice experiences.

It's important to write the comments immediately because it will be hard to reconstruct later. If you miss a day, just put a line through the comment field.

Day	Comments
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

COMMIT TO SIT

Practice Log

Week 6

Record in this log your daily formal practice: what you did and for how long. Note your impressions of what came up during the practice, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. You can also make note of any informal practice experiences.

It's important to write the comments immediately because it will be hard to reconstruct later. If you miss a day, just put a line through the comment field.

Day	Comments
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	