Practice Log – Week 8

FORMAL PRACTICE: Practice at least six times this week, doing anything you've learned up until now (Body Scan, Sitting Meditation, Yoga), with or without guidance. As before, don't expect anything in particular. Just let your experience be your experience.

INFORMAL PRACTICE: At least once a day, consciously use one of the informal practices you've learned (Simple Awareness, Mindful Eating, STOP, Soften/Soothe/Allow) and make note of it on the **Informal Practice Log**.

Date Completed	Practice Comments (include whether Body Scan, Sitting, Yoga, or Lovingkindness)