

● Inner Resources for Stress Daily Practice Log ●

Name: _____ Session: _____ Starting date: _____

Record the number of minutes each day of each activity.

| Number of minutes using each technique → | Track 1: Guided Body Tour (with audio) | Track 2: Complete Breath (with audio) | Track 3: Hum Sah (with audio) | Track 4: Tension Release (with audio) | Bonus Tracks (with audio) | Sitting Meditation/ Breathing Practice (without audio) | Practice in Daily Life (Breath Awareness, Hum Sah, Letting Go) | Daily Total (minutes per day) |
|--|--|---------------------------------------|-------------------------------|---------------------------------------|---------------------------|--|--|-------------------------------|
| Monday | | | | | | | | |
| Tuesday | | | | | | | | |
| Wednesday | | | | | | | | |
| Thursday | | | | | | | | |
| Friday | | | | | | | | |
| Saturday | | | | | | | | |
| Sunday | | | | | | | | |

Comments: Write down some reflections about how your practice went this week.
