Free Printable

Meditation Log

Daily meditation minutes with technique and calm rating to build a sitting habit

Inside this PDF
Daily meditation minutes with technique and calm rating
Two monthly logs - one page per month
Technique ideas and a calm-rating guide on the last page
Prints on Letter or A4 - free for personal use

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Meditation Log - Month 1

Month: _____ Year: _____

Minutes: how long you sat. Technique: breath, body scan, guided, mantra or silent. Calm: 1 = restless, 5 = calm and settled.

Date	Minutes	Technique	Calm 1-5	Notes
1				
2				
3				
4				
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13				
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27				
28				
29				
30				
31				

Total minutes this month: _____ Days I sat: _____ out of 31

Meditation Log - Month 2

Month: _____ Year: _____

Minutes: how long you sat. Technique: breath, body scan, guided, mantra or silent. Calm: 1 = restless, 5 = calm and settled.

Date	Minutes	Technique	Calm 1-5	Notes
1				
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31				

Total minutes this month: _____ Days I sat: _____ out of 31

My Practice - Techniques and Calm Scale

Technique ideas - try one each week

Breath counting - count each breath to 10, then start again	
Body scan - relax each part of the body from head to toe	
Guided meditation - follow a voice or an app	
Mantra - repeat one calm word with each breath	
Silent sitting - just sit and notice sounds and thoughts	

Calm scale - what the numbers mean

Calm	What it feels like
1	Restless - mind racing, could not settle
2	Distracted - kept drifting off
3	Settled - a few calm minutes in the middle
4	Calm - steady breathing, quiet mind
5	Very calm - relaxed, clear and still

My meditation notes
