

Handout 1: Daily Mindfulness Log

Please record your daily mindfulness practice in the log below. Feel free to note anything that you observe during your practice so we can discuss it at the next mindful sport performance enhancement session.

Week #: _____

DATE	MINUTES	WHAT I PRACTICED	OBSERVATIONS

Note. From *Mindfulness-Based Cognitive Therapy for Depression: A New Approach to Preventing Relapse* (p. 290), by Z. V. Segal, J. M. G. Williams, and J. D. Teasdale, 2002, New York: Guilford Press. Copyright 2002 by Guilford Press. Adapted with permission.