

# MINDFUL MOMENTS CHALLENGE .

## ACTIVITY TRACKER

The Mindful Moments Challenge is designed to help you improve your well-being by being more present in your daily life. Over the next 4 weeks, try the following activities:

**Week 1 - Importance of Mindfulness:** This week set your intention for the next few weeks and be clear about why being more present is important to you. Write down your goal in the Week 1 space below and consider sharing it with others. Earn 3 points for the week when complete.

**Week 2 - Quieting the Mind:** This week try short meditations, even if they are just one minute long. Check out Deepak Chopra's [one-minute meditation video here](#). Or try out the free meditations available on the popular Headspace app available on the App Store or Google Play. Earn one point for each daily meditation.

**Week 3 - Eating Mindfully:** This week be intentional about how and what you eat. Use the tips on this week's flyer to be a more mindful eater. Earn one point for each day you practice this.

**Week 4 - Mindful Movement:** This week bring mindfulness into your physical activity, whatever the activity may be. Earn one point for each day you practice this.

Record your activity in the calendar below to complete the challenge. Earn one point for each day you complete an activity. Earn at least 12 points to complete the challenge.

Name \_\_\_\_\_

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Points
1	Why is mindfulness important to you?							
2								
3								
4								

Total Points \_\_\_\_\_