

Practice Log - Week 7

FORMAL PRACTICE: Choose one day to do the [Lovingkindness Meditation](#) and another to do the [Walking Meditation](#), and on the remaining days you can choose any of the practices you've learned so far, including these two. The recorded guidance for the Walking Meditation is short, only 6 minutes, so on the day that you do this practice, continue on your own for the remaining 24 minutes of your 30 minutes of practice for that day. As before, don't expect anything in particular. Just let your experience be your experience. **NOTE: If you are unable to walk without pain, it's fine to do one of the other practices that you've learned so far in place of the walking meditation.**

INFORMAL PRACTICE: At least once a day, consciously use one of the informal practices (Simple Awareness, Mindful Eating, STOP, "Turning Toward", or the Walking Meditation introduced this week), and make note of it on the **Informal Practice Log**.

...Date...	Practice Comments (include which practice)
7th day & beyond is optional	