**MOONLIGHT SERENADE: *EMBRACING AGING MINDFULLY***

**TRACKING YOUR PRACTICE RECORD**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week 1** | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Time |  |  |  |  |  |  |  |
| Duration |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week 2** | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Time |  |  |  |  |  |  |  |
| Duration |  |  |  |  |  |  |  |
| *Midweek Cuppa . . .* |  |  |  |  |  |  |  |

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| **Week 3** | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Time |  |  |  |  |  |  |  |
| Duration |  |  |  |  |  |  |  |
| *Midweek Cuppa . . .* |  |  |  |  |  |  |  |

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| **Week 4** | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Formal:  Time |  |  |  |  |  |  |  |
| Duration |  |  |  |  |  |  |  |
| Informal:  Time |  |  |  |  |  |  |  |
| Duration |  |  |  |  |  |  |  |
| *Midweek Cuppa . . .* |  |  |  |  |  |  |  |

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| **Week 5** | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Formal:  Time |  |  |  |  |  |  |  |
| Duration |  |  |  |  |  |  |  |
| Informal:  Time |  |  |  |  |  |  |  |
| Duration |  |  |  |  |  |  |  |
| *Midweek Cuppa . . .* |  |  |  |  |  |  |  |

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| **Week 6** | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Formal: Time |  |  |  |  |  |  |  |
| Duration |  |  |  |  |  |  |  |
| Informal:  Time |  |  |  |  |  |  |  |
| Duration |  |  |  |  |  |  |  |
| *Midweek Cuppa . . .* |  |  |  |  |  |  |  |

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| **Week 7** | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Formal:  Time |  |  |  |  |  |  |  |
| Duration |  |  |  |  |  |  |  |
| Informal:  Time |  |  |  |  |  |  |  |
| Duration |  |  |  |  |  |  |  |
| *Midweek Cuppa . . .* |  |  |  |  |  |  |  |

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| **Week 8** | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Sitting #1:  Time |  |  |  |  |  |  |  |
| Duration |  |  |  |  |  |  |  |
| Sitting #2:  Time |  |  |  |  |  |  |  |
| Duration |  |  |  |  |  |  |  |
| *Midweek Cuppa . . .* |  |  |  |  |  |  |  |