

Tune Into You Challenge Tracker



Fill out this tracker by placing an "X" in the box of any day you complete the designated mindfulness practice.

Challenge Start Date:

Practicing mindfulness will help you feel better, improve your mental health, and decrease your risk for illnesses. Check off each day you practice any of these mindfulness techniques:

- ☐ Get outside
- ☐ Do a self care activity
- ☐ Practice meditation
- ☐ Journal
- ☐ Say a positive affirmation
- ☐ Practice gratitude
- ☐ Reduce screentime

At the end of the challenge, submit your tracker to:

Your Name:

Email address:

Phone Number:[illegible][illegible]