

# 2026

## January

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

## February

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |

## March

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |    |    |    |    |

## April

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 |    |    |

## May

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    | 1  | 2  |
| 3  | 4  | 5  | 6  | 7  | 8  | 9  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 |    |    |    |    |    |    |

## June

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    | 1  | 2  | 3  | 4  | 5  | 6  |
| 7  | 8  | 9  | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 |    |    |    |    |

## July

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    | 1  | 2  | 3  | 4  |
| 5  | 6  | 7  | 8  | 9  | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 |    |

## August

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    |    |    | 1  |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |
| 9  | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 |    |    |    |    |    |

## September

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 |    |    |    |

## October

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    |    |    | 1  | 2  | 3  |
| 4  | 5  | 6  | 7  | 8  | 9  | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

## November

| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  |
| 8  | 9  | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 |    |    |    |    |    |

## December

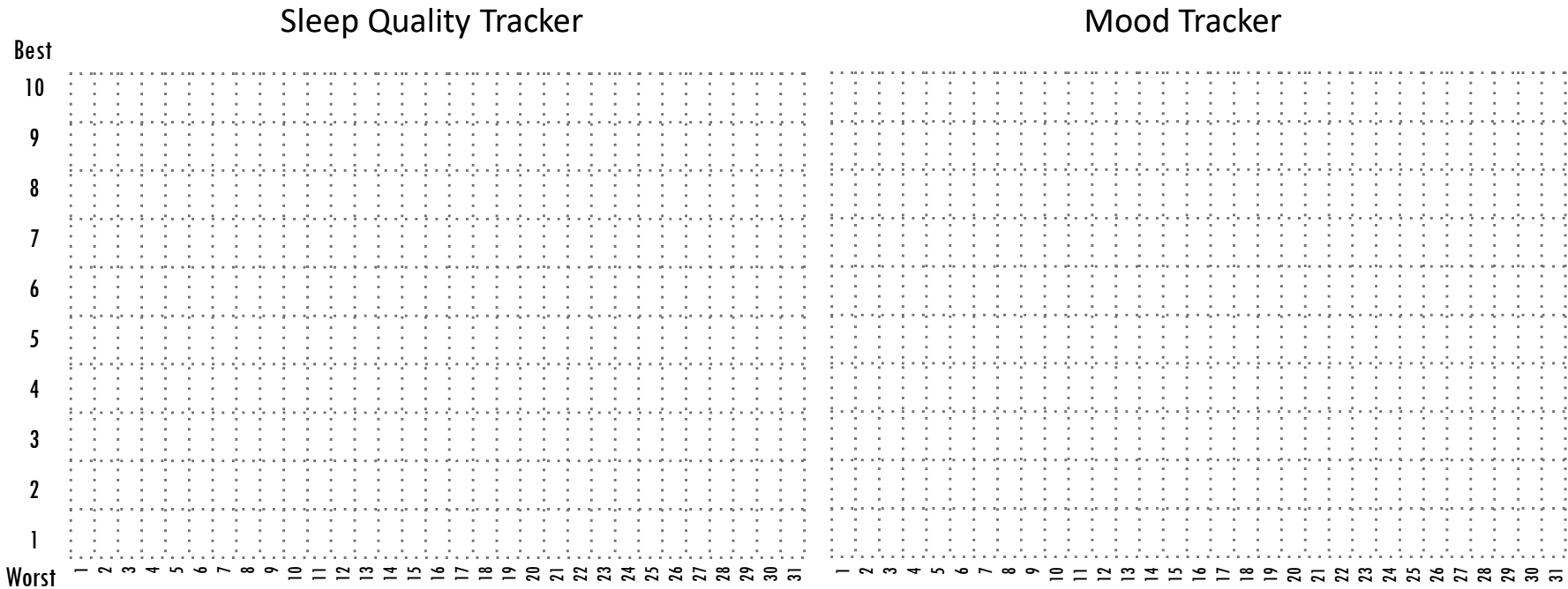
| S  | M  | T  | W  | T  | F  | S  |
|----|----|----|----|----|----|----|
|    |    | 1  | 2  | 3  | 4  | 5  |
| 6  | 7  | 8  | 9  | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 |    |    |

Oct 2025

- Mindfulness practice goal:
- ☐ Body Scan
  - ☐ Mindful Eating
  - ☐ Loving Kindness
  - ☐ Mindful Breathing
  - ☐ Mindful Walking
  - ☐ Mindfulness to Thoughts

To Do:

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 28  | 29  | 30  | 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   | 9   | 10  | 11  |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  | 30  | 31  | 1   |



Nov 2025

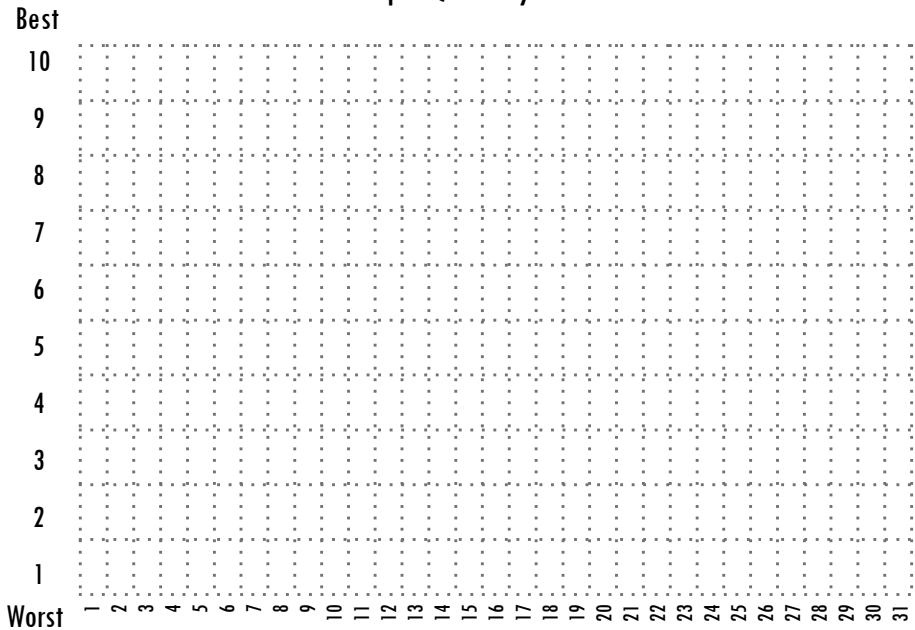
*Mindfulness*  
*practice goal:*

- ☐ Body Scan
- ☐ Mindful Eating
- ☐ Loving Kindness
- ☐ Mindful Breathing
- ☐ Mindful Walking
- ☐ Mindfulness to Thoughts

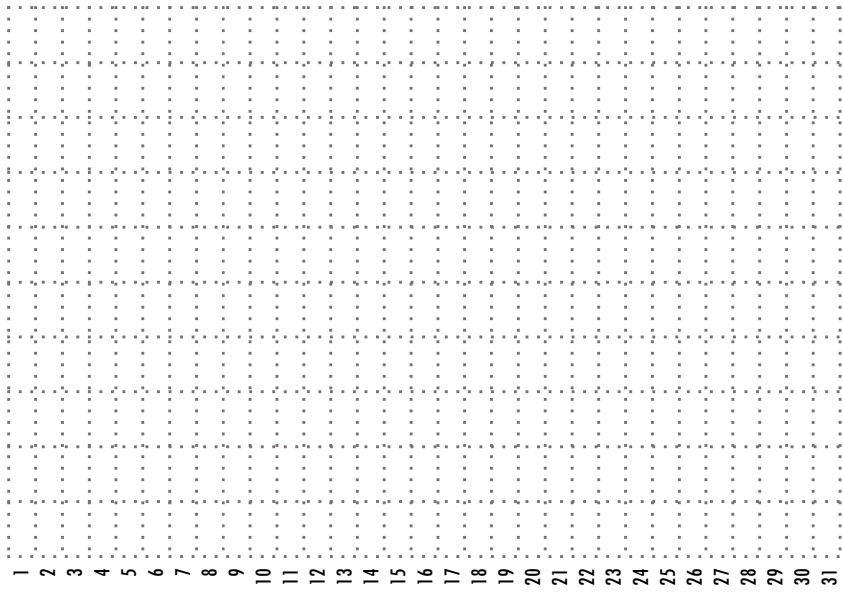
Copyright ©  
Compassionate Living  
Psychology 2025

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 26  | 27  | 28  | 29  | 30  | 31  | 1   |
| 2   | 3   | 4   | 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  | 13  | 14  | 15  |
| 16  | 17  | 18  | 19  | 20  | 21  | 22  |
| 23  | 24  | 25  | 26  | 27  | 28  | 29  |
| 30  | 1   | 2   | 3   | 4   | 5   | 6   |

## Sleep Quality Tracker



## Mood Tracker

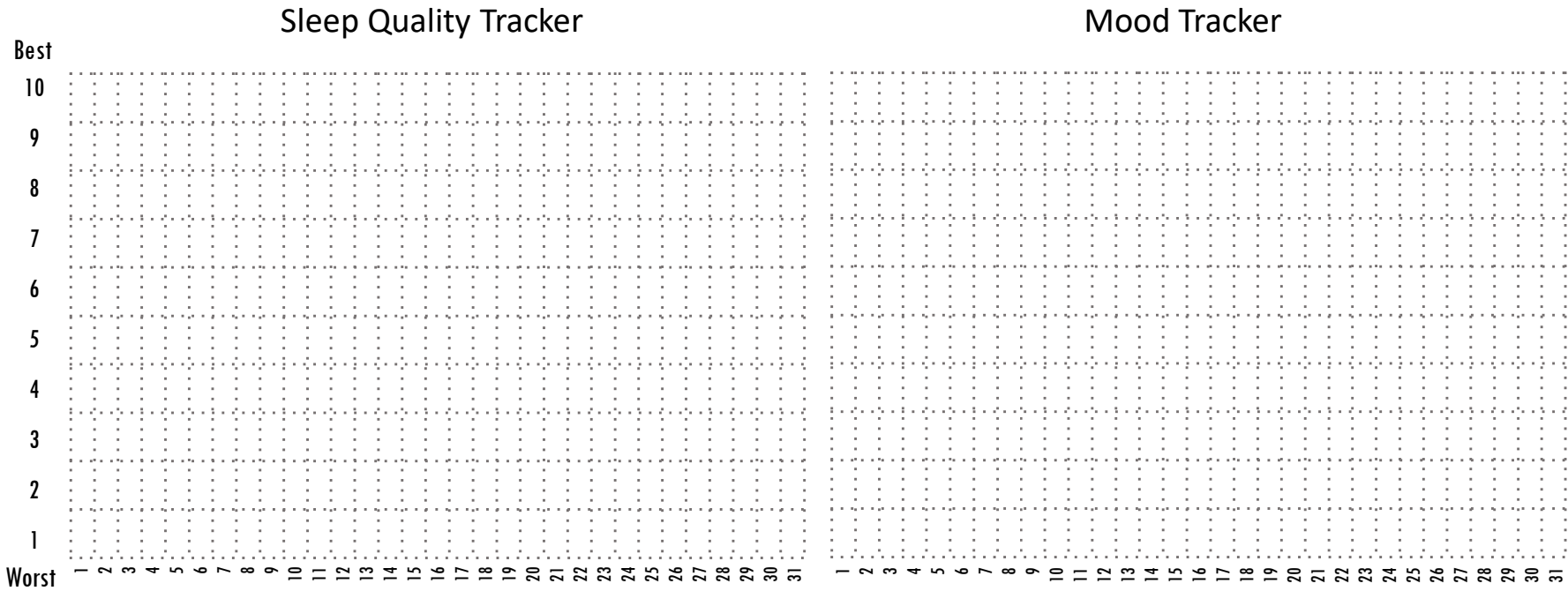


Dec 2025

- Mindfulness practice goal:
- ☐ Body Scan
  - ☐ Mindful Eating
  - ☐ Loving Kindness
  - ☐ Mindful Breathing
  - ☐ Mindful Walking
  - ☐ Mindfulness to Thoughts

To Do:

|    | SUN | MON | TUE | WED | THU | FRI | SAT |
|----|-----|-----|-----|-----|-----|-----|-----|
| 30 | 1   | 2   | 3   | 4   | 5   | 6   |     |
| 7  | 8   | 9   | 10  | 11  | 12  | 13  |     |
| 14 | 15  | 16  | 17  | 18  | 19  | 20  |     |
| 21 | 22  | 23  | 24  | 25  | 26  | 27  |     |
| 28 | 29  | 30  | 31  | 1   | 2   | 3   |     |

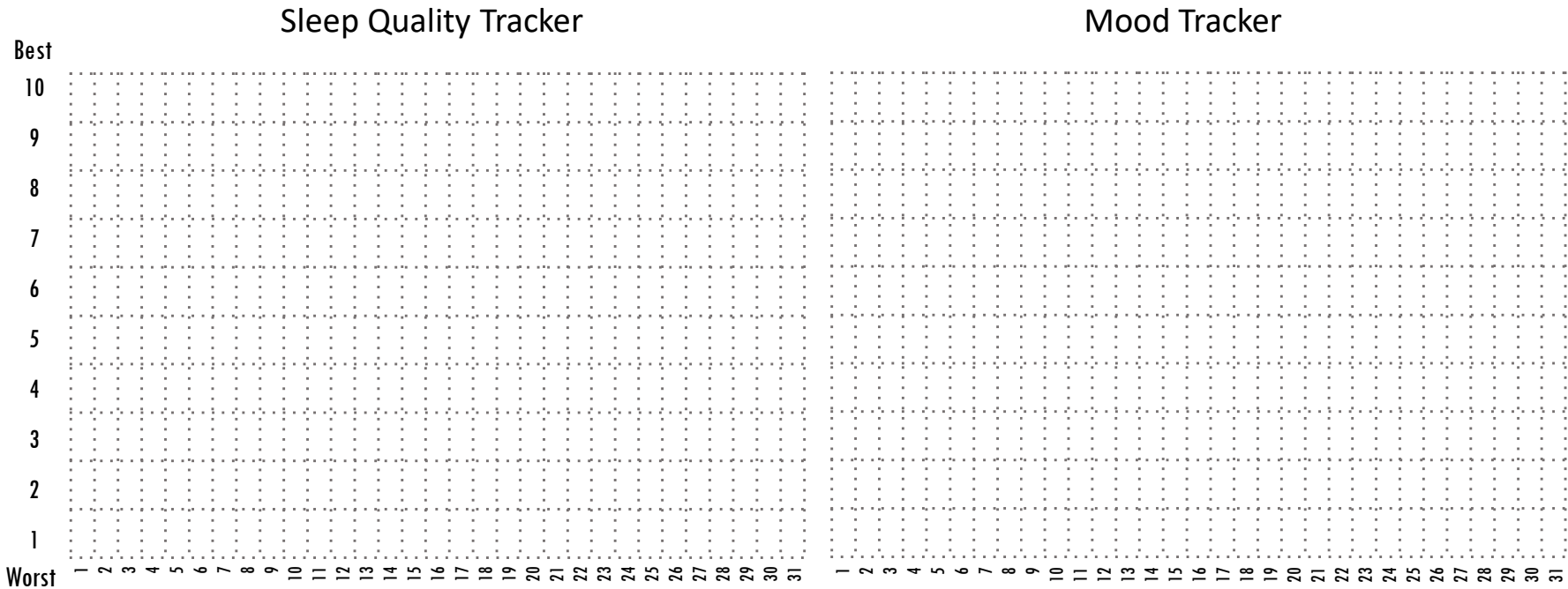


Jan 2026

- Mindfulness practice goal:
- ☐ Body Scan
  - ☐ Mindful Eating
  - ☐ Loving Kindness
  - ☐ Mindful Breathing
  - ☐ Mindful Walking
  - ☐ Mindfulness to Thoughts

To Do:

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 28  | 29  | 30  | 31  | 1   | 2   | 3   |
| 4   | 5   | 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  | 31  |



Feb 2026

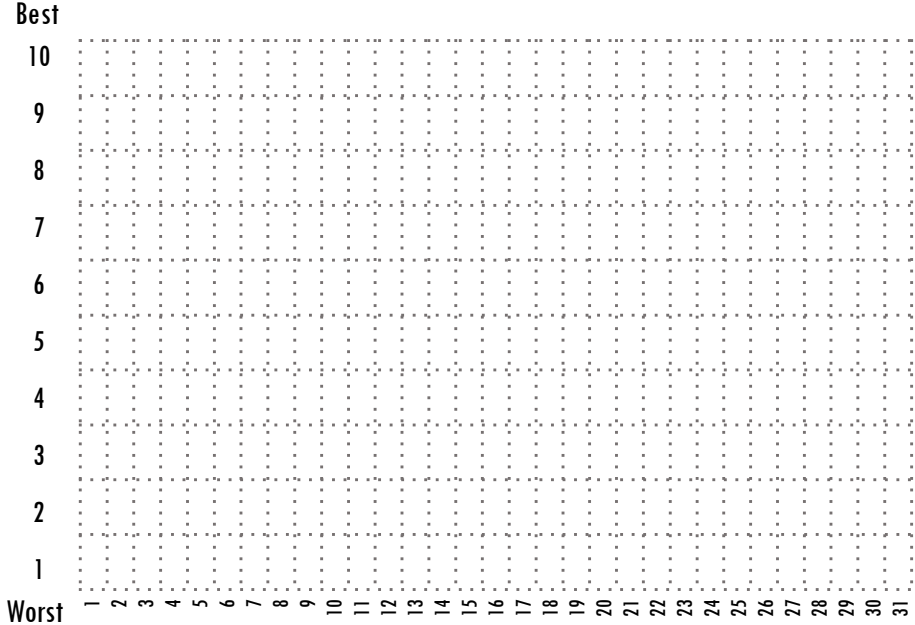
Mindfulness  
practice goal:

- ☐ Body Scan
- ☐ Mindful Eating
- ☐ Loving Kindness
- ☐ Mindful Breathing
- ☐ Mindful Walking
- ☐ Mindfulness to Thoughts

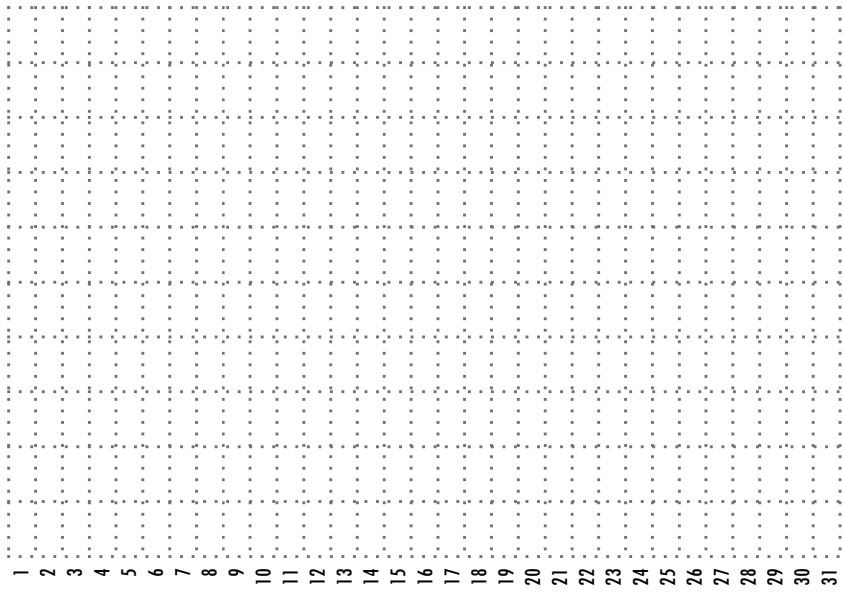
To Do:

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   | 6   | 7   |
| 8   | 9   | 10  | 11  | 12  | 13  | 14  |
| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |

Sleep Quality Tracker



Mood Tracker



Mar 2026

Mindfulness  
practice goal:

- ☐ Body Scan
- ☐ Mindful Eating
- ☐ Loving Kindness
- ☐ Mindful Breathing
- ☐ Mindful Walking
- ☐ Mindfulness to Thoughts

To Do:

Copyright ©  
Compassionate Living  
Psychology 2025

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   | 6   | 7   |
| 8   | 9   | 10  | 11  | 12  | 13  | 14  |
| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| 29  | 30  | 31  | 1   | 2   | 3   | 4   |

Sleep Quality Tracker

Best

10

9

8

7

6

5

4

3

2

1

Worst

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

Mood Tracker

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

Apr 2026

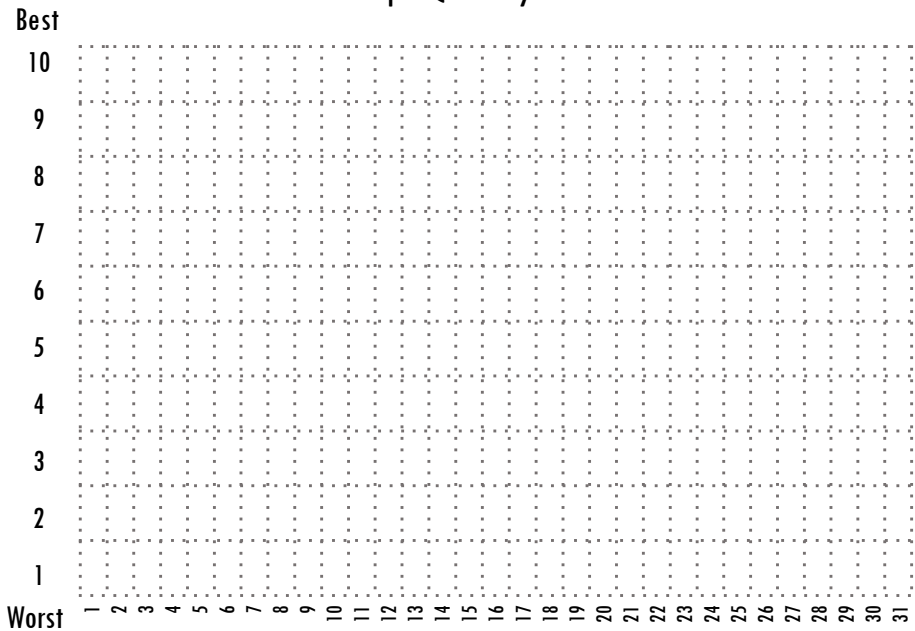
Mindfulness  
practice goal:

- ☐ Body Scan
- ☐ Mindful Eating
- ☐ Loving Kindness
- ☐ Mindful Breathing
- ☐ Mindful Walking
- ☐ Mindfulness to Thoughts

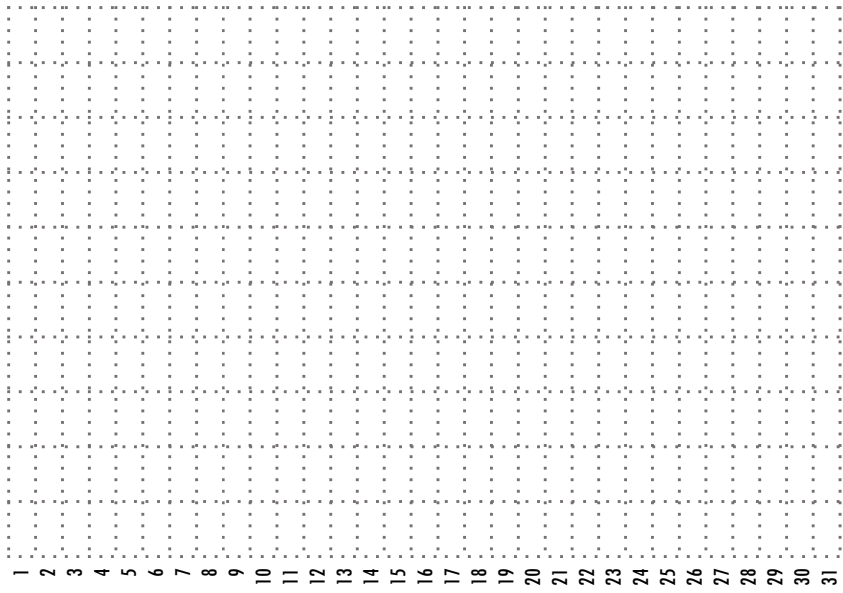
To Do:

|    | SUN | MON | TUE | WED | THU | FRI | SAT |
|----|-----|-----|-----|-----|-----|-----|-----|
| 29 |     | 30  | 31  | 1   | 2   | 3   | 4   |
| 5  |     | 6   | 7   | 8   | 9   | 10  | 11  |
| 12 |     | 13  | 14  | 15  | 16  | 17  | 18  |
| 19 |     | 20  | 21  | 22  | 23  | 24  | 25  |
| 26 |     | 27  | 28  | 29  | 30  | 1   | 2   |

Sleep Quality Tracker



Mood Tracker





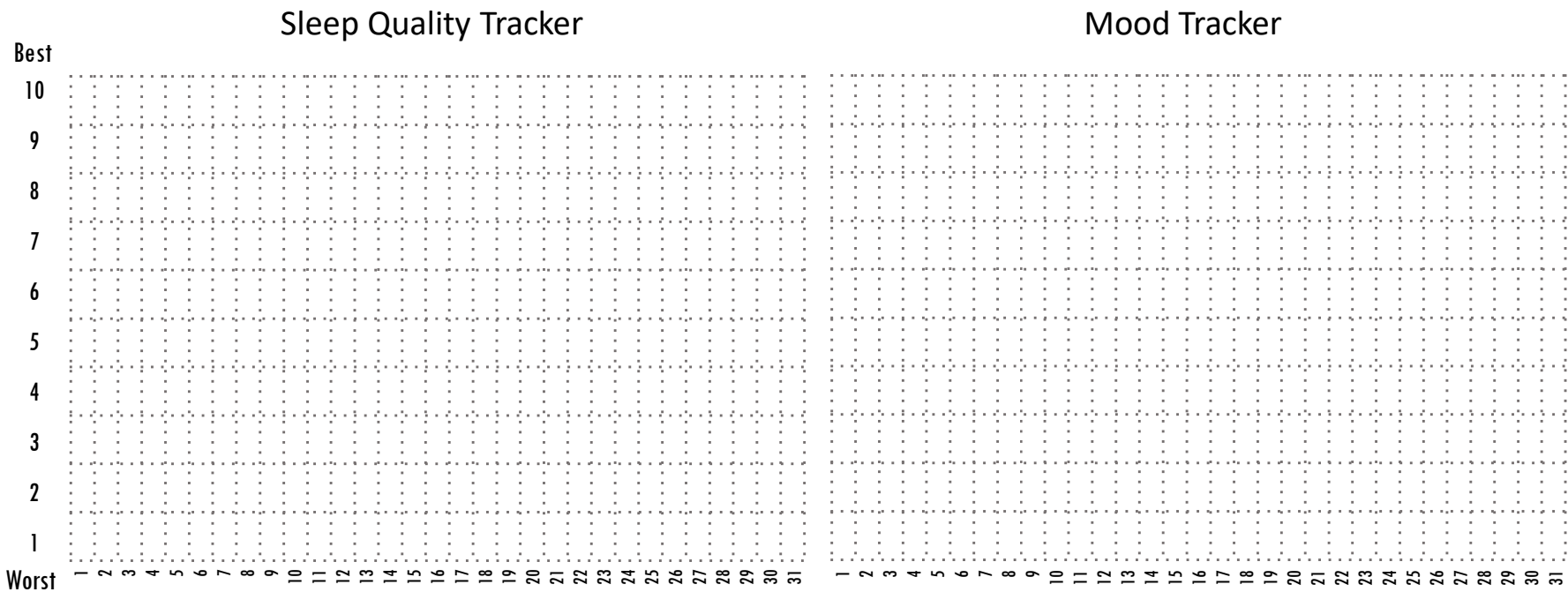
May 2026

Mindfulness  
practice goal:

- ☐ Body Scan
- ☐ Mindful Eating
- ☐ Loving Kindness
- ☐ Mindful Breathing
- ☐ Mindful Walking
- ☐ Mindfulness to Thoughts

To Do:

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 26  | 27  | 28  | 29  | 30  | 1   | 2   |
| 3   | 4   | 5   | 6   | 7   | 8   | 9   |
| 10  | 11  | 12  | 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  | 29  | 30  |
| 31  | 1   | 2   | 3   | 4   | 5   | 6   |

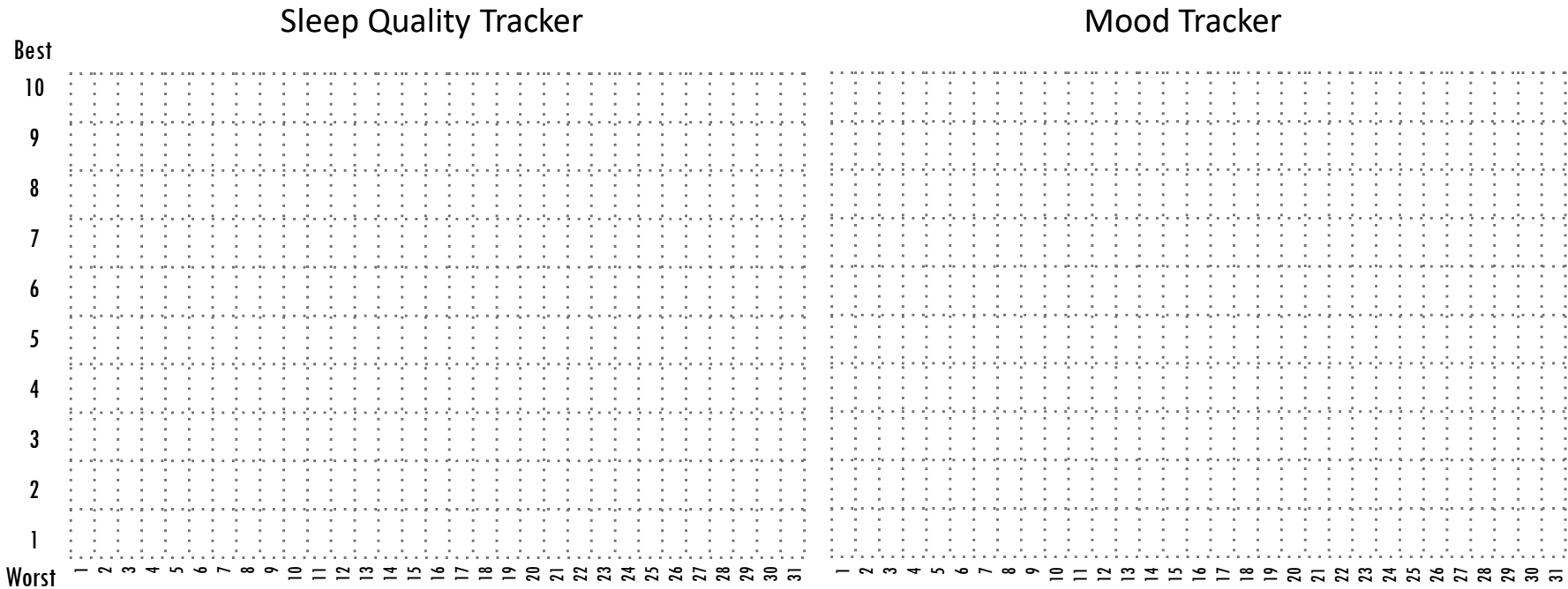


Jun 2026

- Mindfulness practice goal:
- ☐ Body Scan
  - ☐ Mindful Eating
  - ☐ Loving Kindness
  - ☐ Mindful Breathing
  - ☐ Mindful Walking
  - ☐ Mindfulness to Thoughts

To Do:

|    | SUN | MON | TUE | WED | THU | FRI | SAT |
|----|-----|-----|-----|-----|-----|-----|-----|
| 31 | 1   | 2   | 3   | 4   | 5   | 6   |     |
| 7  | 8   | 9   | 10  | 11  | 12  | 13  |     |
| 14 | 15  | 16  | 17  | 18  | 19  | 20  |     |
| 21 | 22  | 23  | 24  | 25  | 26  | 27  |     |
| 28 | 29  | 30  | 1   | 2   | 3   | 4   |     |



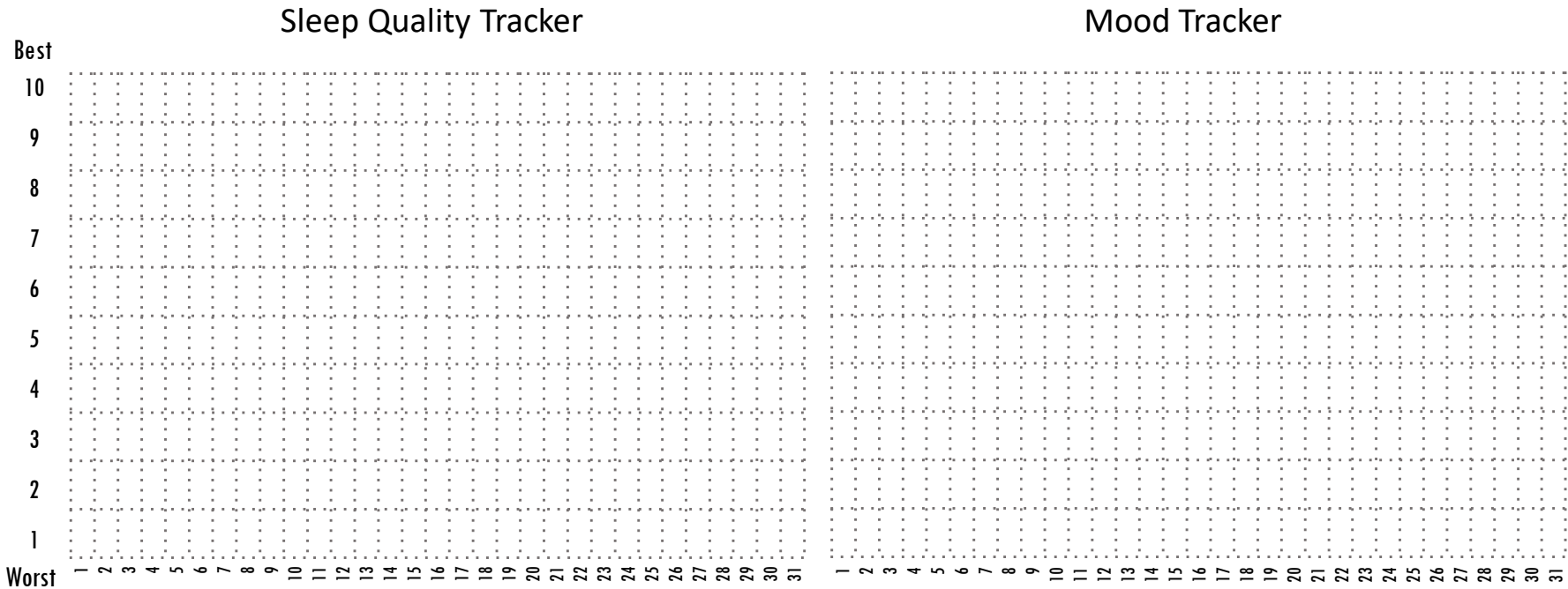
Jul 2026

Mindfulness  
practice goal:

- ☐ Body Scan
- ☐ Mindful Eating
- ☐ Loving Kindness
- ☐ Mindful Breathing
- ☐ Mindful Walking
- ☐ Mindfulness to Thoughts

To Do:

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 28  | 29  | 30  | 1   | 2   | 3   | 4   |
| 5   | 6   | 7   | 8   | 9   | 10  | 11  |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| 26  | 27  | 28  | 29  | 30  | 31  | 1   |



Aug 2026

Mindfulness  
practice goal:

- ☐ Body Scan
- ☐ Mindful Eating
- ☐ Loving Kindness
- ☐ Mindful Breathing
- ☐ Mindful Walking
- ☐ Mindfulness to Thoughts

To Do:

Copyright ©  
Compassionate Living  
Psychology 2025

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 26  | 27  | 28  | 29  | 30  | 31  | 1   |
| 2   | 3   | 4   | 5   | 6   | 7   | 8   |
| 9   | 10  | 11  | 12  | 13  | 14  | 15  |
| 16  | 17  | 18  | 19  | 20  | 21  | 22  |
| 23  | 24  | 25  | 26  | 27  | 28  | 29  |
| 30  | 31  | 1   | 2   | 3   | 4   | 5   |

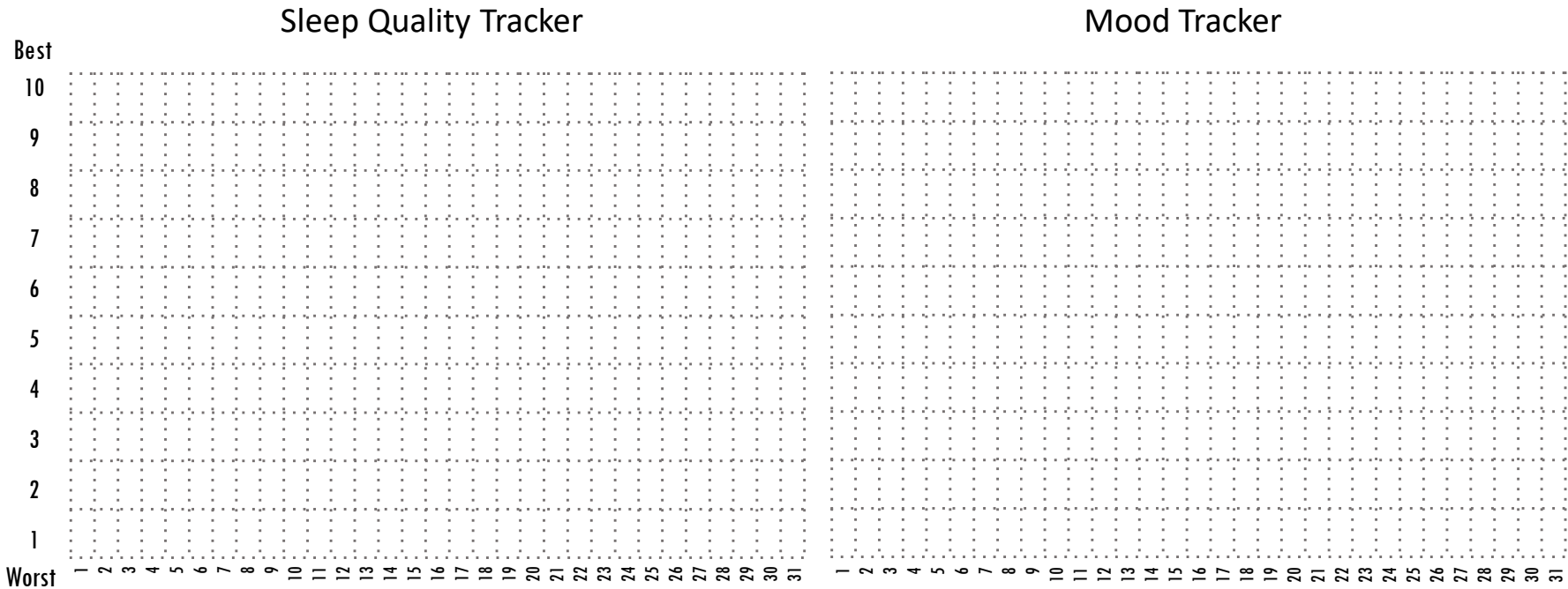
| Sleep Quality Tracker |    |   |   |   |   |   |   |   |   |    |    |    |    |    |    | Mood Tracker |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|-----------------------|----|---|---|---|---|---|---|---|---|----|----|----|----|----|----|--------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Best                  | 10 |   |   |   |   |   |   |   |   |    |    |    |    |    |    |              |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|                       | 9  |   |   |   |   |   |   |   |   |    |    |    |    |    |    |              |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|                       | 8  |   |   |   |   |   |   |   |   |    |    |    |    |    |    |              |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|                       | 7  |   |   |   |   |   |   |   |   |    |    |    |    |    |    |              |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|                       | 6  |   |   |   |   |   |   |   |   |    |    |    |    |    |    |              |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|                       | 5  |   |   |   |   |   |   |   |   |    |    |    |    |    |    |              |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|                       | 4  |   |   |   |   |   |   |   |   |    |    |    |    |    |    |              |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|                       | 3  |   |   |   |   |   |   |   |   |    |    |    |    |    |    |              |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|                       | 2  |   |   |   |   |   |   |   |   |    |    |    |    |    |    |              |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| Worst                 | 1  |   |   |   |   |   |   |   |   |    |    |    |    |    |    |              |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|                       | 1  | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16           | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |

Sep 2026

- Mindfulness practice goal:
- ☐ Body Scan
  - ☐ Mindful Eating
  - ☐ Loving Kindness
  - ☐ Mindful Breathing
  - ☐ Mindful Walking
  - ☐ Mindfulness to Thoughts

To Do:

|    | SUN | MON | TUE | WED | THU | FRI | SAT |
|----|-----|-----|-----|-----|-----|-----|-----|
| 30 |     | 31  | 1   | 2   | 3   | 4   | 5   |
| 6  |     | 7   | 8   | 9   | 10  | 11  | 12  |
| 13 |     | 14  | 15  | 16  | 17  | 18  | 19  |
| 20 |     | 21  | 22  | 23  | 24  | 25  | 26  |
| 27 |     | 28  | 29  | 30  | 1   | 2   | 3   |



Oct 2026

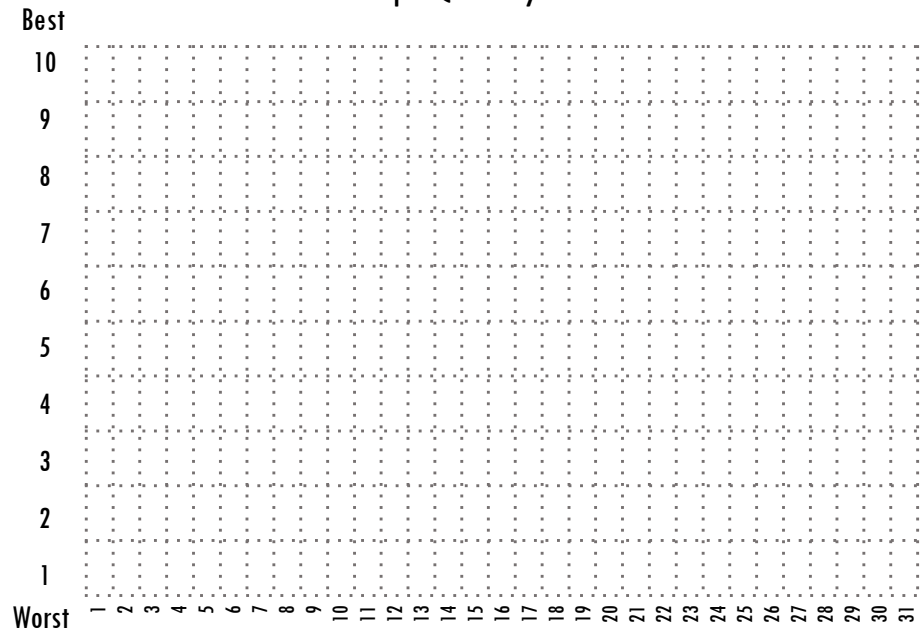
*Mindfulness*  
*practice goal:*

- ☐ Body Scan
- ☐ Mindful Eating
- ☐ Loving Kindness
- ☐ Mindful Breathing
- ☐ Mindful Walking
- ☐ Mindfulness to Thoughts

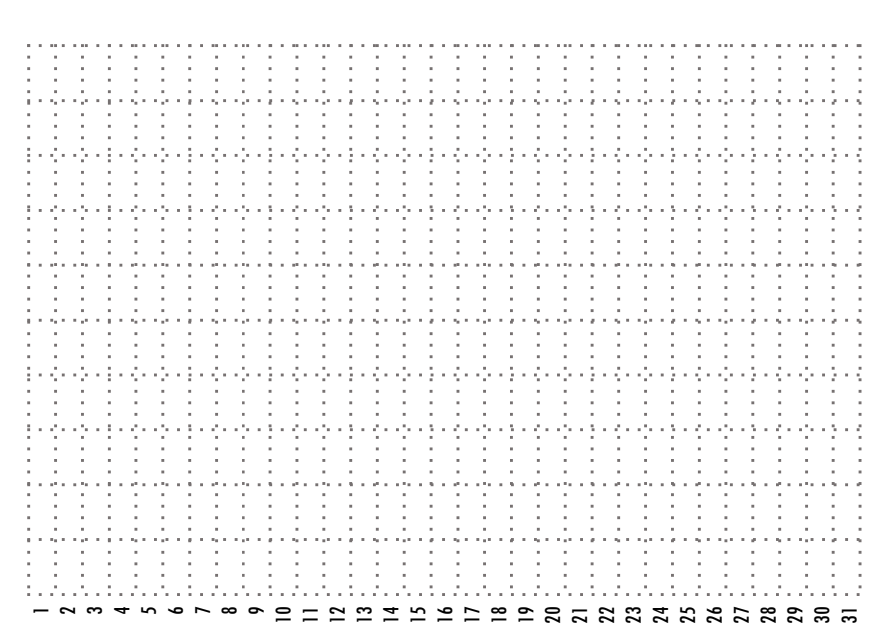
Copyright ©  
Compassionate Living  
Psychology 2025

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 27  | 28  | 29  | 30  | 1   | 2   | 3   |
| 4   | 5   | 6   | 7   | 8   | 9   | 10  |
| 11  | 12  | 13  | 14  | 15  | 16  | 17  |
| 18  | 19  | 20  | 21  | 22  | 23  | 24  |
| 25  | 26  | 27  | 28  | 29  | 30  | 31  |

## Sleep Quality Tracker



## Mood Tracker

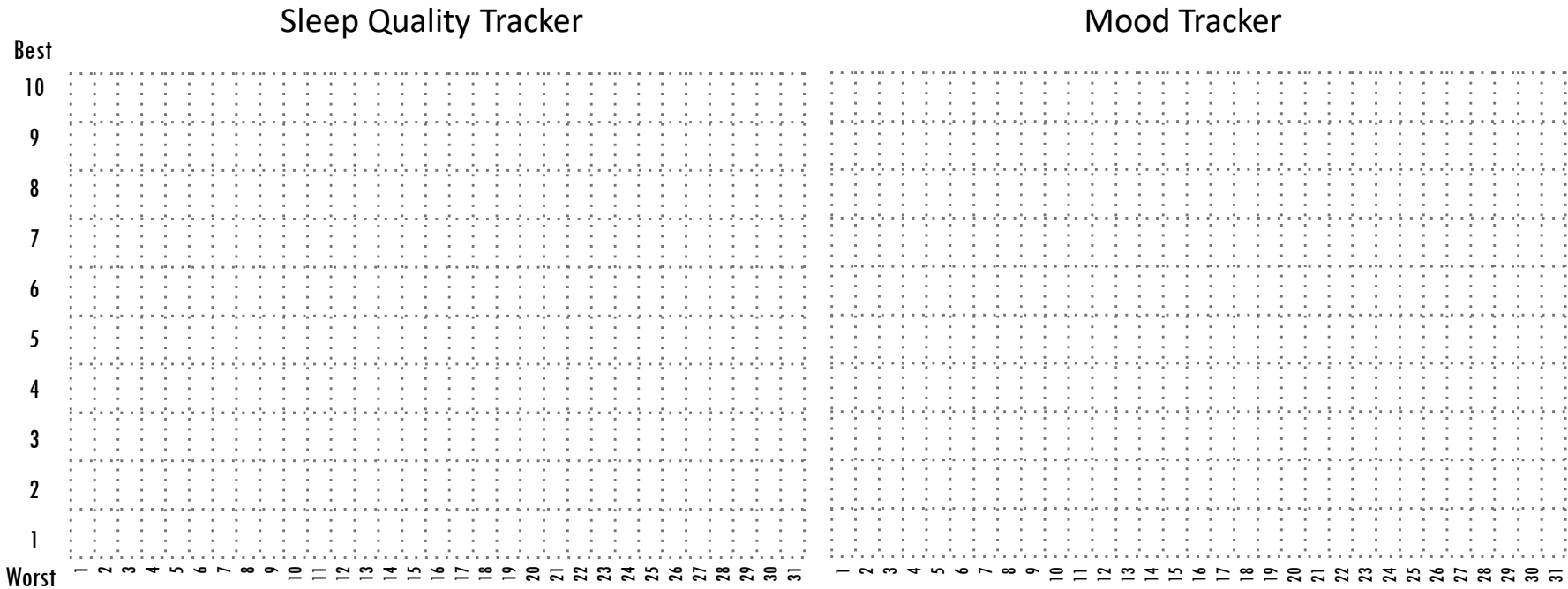


Nov 2026

- Mindfulness practice goal:
- ☐ Body Scan
  - ☐ Mindful Eating
  - ☐ Loving Kindness
  - ☐ Mindful Breathing
  - ☐ Mindful Walking
  - ☐ Mindfulness to Thoughts

To Do:

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 4   | 5   | 6   | 7   |
| 8   | 9   | 10  | 11  | 12  | 13  | 14  |
| 15  | 16  | 17  | 18  | 19  | 20  | 21  |
| 22  | 23  | 24  | 25  | 26  | 27  | 28  |
| 29  | 30  | 1   | 2   | 3   | 4   | 5   |

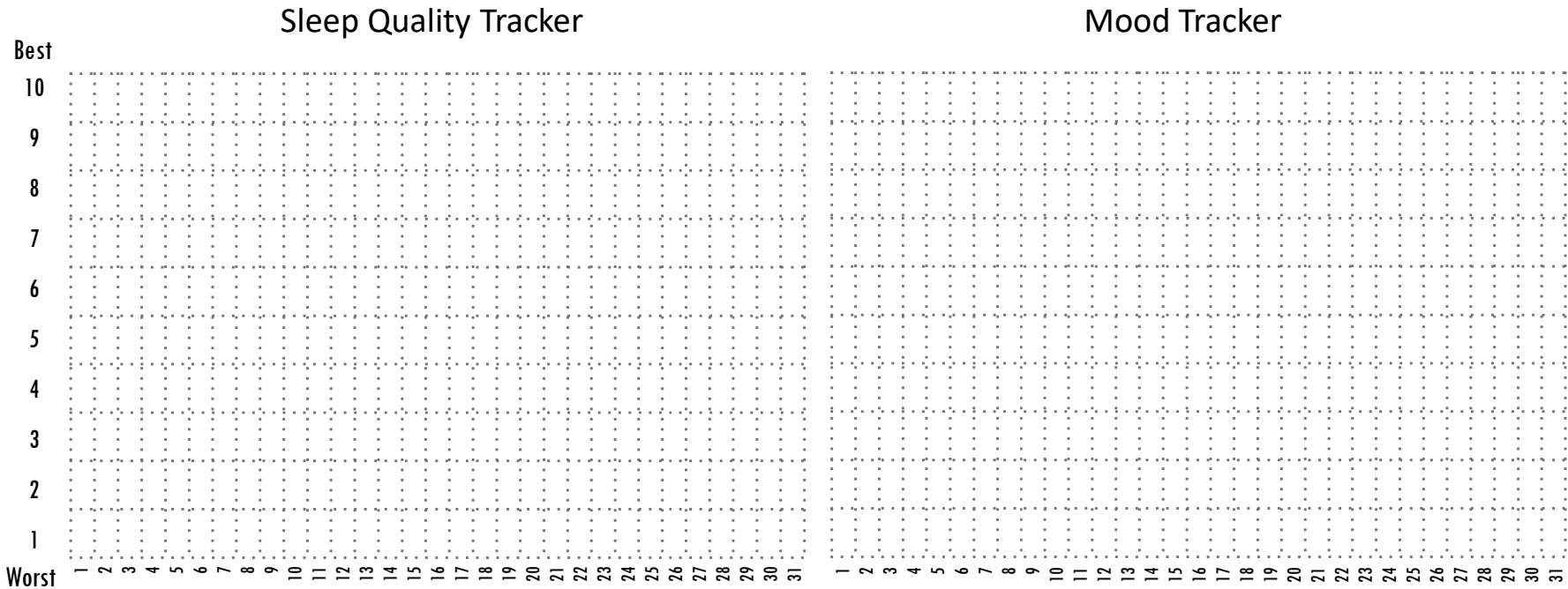


Dec 2026

- Mindfulness practice goal:
- ☐ Body Scan
  - ☐ Mindful Eating
  - ☐ Loving Kindness
  - ☐ Mindful Breathing
  - ☐ Mindful Walking
  - ☐ Mindfulness to Thoughts

To Do:

|    | SUN | MON | TUE | WED | THU | FRI | SAT |
|----|-----|-----|-----|-----|-----|-----|-----|
| 29 |     | 30  | 1   | 2   | 3   | 4   | 5   |
| 6  |     | 7   | 8   | 9   | 10  | 11  | 12  |
| 13 |     | 14  | 15  | 16  | 17  | 18  | 19  |
| 20 |     | 21  | 22  | 23  | 24  | 25  | 26  |
| 27 |     | 28  | 29  | 30  | 31  | 1   | 2   |





Jan 2027

Mindfulness  
practice goal:

- ☐ Body Scan
- ☐ Mindful Eating
- ☐ Loving Kindness
- ☐ Mindful Breathing
- ☐ Mindful Walking
- ☐ Mindfulness to Thoughts

To Do:

Copyright ©  
Compassionate Living  
Psychology 2025

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 27  | 28  | 29  | 30  | 31  | 1   | 2   |
| 3   | 4   | 5   | 6   | 7   | 8   | 9   |
| 10  | 11  | 12  | 13  | 14  | 15  | 16  |
| 17  | 18  | 19  | 20  | 21  | 22  | 23  |
| 24  | 25  | 26  | 27  | 28  | 29  | 30  |
| 31  | 1   | 2   | 3   | 4   | 5   | 6   |

Sleep Quality Tracker

Best

10

9

8

7

6

5

4

3

2

1

Worst

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31

Mood Tracker

Best

10

9

8

7

6

5

4

3

2

1

Worst

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

31