

Mindfulness Tracker for Ultramarathon Runners

WEEKLY MINDFULNESS TRACKER

Track your daily mindfulness practice alongside your ultramarathon training. Each day, log the type, duration, and a quick note about how it felt.

Example:

Day	Type	Duration	Notes
Monday	Breath Focus	10 min	Felt calm and centered
Tuesday	Body Scan	15 min	Released shoulder tension
Wednesday	Guided Meditation	10 min	Used app before training
Thursday	Visualization	10 min	Mental imagery before long run
Friday	Mantra Repetition	5 min	Mid-run mental reset
Saturday	Nature Anchoring	20 min	Present during trail climb
Sunday	Full Rest or Light	5 min	Breathing before sleep

Use the blank table below for your own weekly plan.

Day	Type	Duration	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			