

15-DAY

Mindfulness and Meditation Challenge

Sitting
meditation
on Healthy
Minds app
3+ mins

Go for a
mindful
walk

Meditation
post-run

Mindfully
drink a cup
of coffee/tea

Go for a
meditative
run without
earphones

Mindfully
eat your
post-run
snack/meal

Raisin
exercise

Meditation
for stress
10 mins

Mindfully
brush your
teeth

Breathing
meditation
5+ mins

Mindful
commute

Meditation
of choice on
Insight
Timer
7+ mins

Meditation
before bed

Your choice
of practice

Morning
meditation

PRACTICE BEING HERE, NOW

**TRAIN
YOUR
BRAIN**