

Name: _____ Per: _____ Date: _____

Focus Log
Worksheet 8.1

Instructions:

1. Select one or two of the “Exercises to Improve your Focus” that you can/will practice at home
2. Do that exercises everyday for 1 week (7 days)
3. On this log, record how many minutes you spent practicing that exercise each day
4. After the week of practice, answer the questions below

LOG:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

QUESTIONS:

1. Which exercise(s) did you do?

2. Did it get easier after several days of practice? Why or Why not?

Do you feel like your focusing skills are better now than before? Why or why