# MindFIT Level 1 Attendance Record

You must attend 18 in-person or live via Zoom/Teams Mindful Moments mindfulness meditation sessions (these range between 30 minutes and 1 hour) within and 8-month period. Find drop-in sessions on folio.utoronto.ca and search Mindful Moments.

NOTE: **Not all meditation sessions at the Multi-Faith Centre or at U of T are mindfulness meditations**. The use of apps, recordings, or live streams such as Instagram Live does not count towards your attendance record. Attending Mindful Moments: Mindfulness Meditation sessions is preferred. Please let us know if you need alternative suggestions.

Record your participation on the table below. Once completed, respond to the following reflection questions.

## Reflection Questions

1. What skills and knowledge did you learn and have the opportunities to practice during the Mindful Moments? Be specific.
2. How will you use what you learned in the future, both in your personal and/or professional life?
3. Reflect on whether the program helped you meet your learning goals.

Submit to laurena.brown@utoronto.ca via email.

**Include your UTORID and U of T email for CCR credit.**

## Attendance Log

| **Facilitator Name** | **Date** | **Time** | **Practices (ie body scan, loving kindness, walking meditation)** |
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