



# HeartMath® Technique Personal Practice Log

Consider any stress triggers or potentially depleting reactions you experienced. Write down the situation and what happened.

Date	Situation	Response	Observations

Write down any successes you are having with your practice:

---

---

---

Write down any challenges you are having with your practice:

---

---

---

*HeartMath is a registered trademark of Quantum Intech, Inc. For all HeartMath trademarks, go to [www.heartmath.com/trademarks](http://www.heartmath.com/trademarks).*