



PRACTICE TOOL · PRACTICE LOG

Practice Log: Tracking Your Somatic Practice

A simple way to notice patterns in your practice over weeks or months

A practice log helps you see patterns that a single session can't show: which practices you return to, which ones reliably shift something, and which ones you tend to skip. Use one row for each practice session, and keep going over weeks or months. There is no required schedule. Some people log every day during a period of active practice. Others write something down only when a session feels worth remembering. Both are useful ways to use this tool.

Before you begin: notice your feet on the floor and take one easy breath. Then describe what you noticed in plain physical terms, like tight, warm, heavy, or buzzy.

The first row is a filled-in example. Circle the layer the practice mostly drew on. There are no wrong entries, and a session where you noticed very little is still worth writing down. Every few weeks, read several rows at once. Patterns that are hard to see in one entry often become clear once you can compare them. Need words for sensations? The free *Interoception*, *Exteroception*, and *Proprioception* guides at somatics.donavonlerman.com can help.

Date	Practice used <i>e.g. body scan, grounding</i>	Layer <i>circle one</i> 1 Awareness · 2 Regulation 3 Exploration · 4 Integration	What I noticed <i>in physical terms</i>	What shifted <i>during or after</i>	Next time <i>remember or try differently</i>
EXAMPLE May 4	Body scan, 10 minutes before bed	① 2 3 4	Tight jaw, shallow breath, a buzzy feeling in my hands.	Jaw softened by the end; breath moved lower into my belly.	Start at the feet, and try it before work too.
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