



# 7-Day Meditation & Music Log

For Seniors • Track your daily practice • Mood • Sleep • Notes

⚠ This log is for educational purposes only. Meditation and music are complementary practices – they are not a substitute for professional medical advice, therapy, or medication. If you have severe anxiety, depression, or other mental health conditions, please consult your doctor or a mental health professional.

Name: \_\_\_\_\_ Start Date: \_\_\_\_\_ Goal (e.g., reduce anxiety, sleep better): \_\_\_\_\_

### 😊 Mood Scale (use numbers 1-5 in your daily log)

😞 1 = Very low    😞 2 = Low    😐 3 = Okay    😊 4 = Good    😄 5 = Excellent

### 📅 Daily Meditation & Music Log

Day	Date	Minutes	Music/Guide Used	Mood (1-5)	Sleep Quality (1-5)	Notes / Feelings	✓ Done
Day 1	___/___	___ min	_____	___	___	_____	<input type="checkbox"/>
Day 2	___/___	___ min	_____	___	___	_____	<input type="checkbox"/>
Day 3	___/___	___ min	_____	___	___	_____	<input type="checkbox"/>
Day 4	___/___	___ min	_____	___	___	_____	<input type="checkbox"/>
Day 5	___/___	___ min	_____	___	___	_____	<input type="checkbox"/>
Day 6	___/___	___ min	_____	___	___	_____	<input type="checkbox"/>
Day 7	___/___	___ min	_____	___	___	_____	<input type="checkbox"/>

 Weekly Summary

Total days meditated: \_\_\_/7

Average mood this week: \_\_\_

Average sleep quality: \_\_\_

Total minutes practiced: \_\_\_

 Calm Playlist Suggestions for Seniors

 **Classical / Instrumental**


- Clair de Lune – Debussy
- Gymnopédie No.1 – Satie
- Air on the G String – Bach
- Piano Sonata No.14 (Moonlight) – Beethoven

 **Nature Sounds**

- Ocean waves
- Gentle rainfall
- Forest birdsong
- Mountain stream


 **Free Apps & YouTube**

- Insight Timer (free)
- Calm (free trial)
- YouTube: "Meditation music for seniors"
- Spotify: "Peaceful Piano" playlist

 **Senior Tip for Hearing Loss:** Try low-frequency sounds (cello, drum, ocean waves) or use bone-conduction headphones. Play music through speakers at a comfortable volume.

 Weekly Notes & Reflections

Write any observations, questions for your doctor, or changes you noticed this week...

 **Meditation Tip:** Start with just 3 minutes per day. Consistency matters more than duration. There's no "wrong" way to meditate.  
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