

MINDFUL COGNITIVE MOVEMENT THERAPY (MCMT) 10 DAY MINDFULNESS INDUCTION

ABOUT MCMT

Mindful Cognitive Movement Therapy (MCMT) has four distinct components that use mindfulness techniques combined with targeted musculoskeletal exercises that reduce psychological objections to exercise and increase adherence to the patients exercise program. MCMT also improves mind/body connection and general psychological disposition and mindset.

Starting every exercise session with MCMT helps clients improve capacity for work and overall performance. It improves mindset and reduces injury rates. This results in more regular participation and enhanced physiological adaptations.

With this 10 day mindfulness induction, we hope for you to achieve a stronger mind/body connection. With a greater body awareness and mindset, you can step confidently, both mentally and physiologically, into any situation!

THE BUTTERFLY

To download your free mindfulness podcast and instructional video, head to www.chroniccare.com.au/downloads

Click on **The Butterfly Podcast and The Butterfly Instructional Video**

Password: **runfree**

It is important to complete this mindfulness practice twice a day for 10 days in order to develop a regular and healthy habit. Use the following pages to write notes on how you felt not only during the session but throughout the day, including scoring how the process went. Also, keep track of the duration of each session you undertake.





Quality services for remote and regional Australians.

VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

+ For more information call (08) 9385 1430 or go to chroniccare.com.au

DAY 1: _____ DATE: _____

SESSION 1: _____ DURATION: _____

GENERAL DISPOSITION SCORE (CIRCLE):

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
Unhappy, frustrated. | Ok - need more guidance. | Great - feeling more relaxed, mind starting to slow down.

DIARY NOTES:

SESSION 2: _____ DURATION: _____

GENERAL DISPOSITION SCORE (CIRCLE):

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
Unhappy, frustrated. | Ok - need more guidance. | Great - feeling more relaxed, mind starting to slow down.

DIARY NOTES:



Quality services for remote and regional Australians.

VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

+ For more information call (08) 9385 1430 or go to chroniccare.com.au

DAY 2: _____ DATE: _____

SESSION 1: _____ DURATION: _____

GENERAL DISPOSITION SCORE (CIRCLE):

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
Unhappy, frustrated. | Ok - need more guidance. | Great - feeling more relaxed, mind starting to slow down.

DIARY NOTES:

SESSION 2: _____ DURATION: _____

GENERAL DISPOSITION SCORE (CIRCLE):

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
Unhappy, frustrated. | Ok - need more guidance. | Great - feeling more relaxed, mind starting to slow down.

DIARY NOTES:



Quality services for remote and regional Australians.

VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

+ For more information call (08) 9385 1430 or go to chroniccare.com.au

DAY 3: _____ **DATE:** _____

SESSION 1: _____ **DURATION:** _____

GENERAL DISPOSITION SCORE (CIRCLE):

1	2	3	4	5	6	7	8	9	10
Unhappy, frustrated.			Ok - need more guidance.			Great - feeling more relaxed, mind starting to slow down.			

DIARY NOTES:

SESSION 2: _____ **DURATION:** _____

GENERAL DISPOSITION SCORE (CIRCLE):

1	2	3	4	5	6	7	8	9	10
Unhappy, frustrated.			Ok - need more guidance.			Great - feeling more relaxed, mind starting to slow down.			

DIARY NOTES:



Quality services for remote and regional Australians.

VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

+ For more information call (08) 9385 1430 or go to chroniccare.com.au

DAY 4: _____ DATE: _____

SESSION 1: _____ DURATION: _____

GENERAL DISPOSITION SCORE (CIRCLE):

1	2	3	4	5	6	7	8	9	10
Unhappy, frustrated.			Ok - need more guidance.				Great - feeling more relaxed, mind starting to slow down.		

DIARY NOTES:

SESSION 2: _____ DURATION: _____

GENERAL DISPOSITION SCORE (CIRCLE):

1	2	3	4	5	6	7	8	9	10
Unhappy, frustrated.			Ok - need more guidance.				Great - feeling more relaxed, mind starting to slow down.		

DIARY NOTES:



Quality services for remote and regional Australians.

VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

+ For more information call (08) 9385 1430 or go to chroniccare.com.au

DAY 5: _____ **DATE:** _____

SESSION 1: _____ **DURATION:** _____

GENERAL DISPOSITION SCORE (CIRCLE):

1	2	3	4	5	6	7	8	9	10
	Unhappy, frustrated.			Ok - need more guidance.					Great - feeling more relaxed, mind starting to slow down.

DIARY NOTES:

SESSION 2: _____ **DURATION:** _____

GENERAL DISPOSITION SCORE (CIRCLE):

1	2	3	4	5	6	7	8	9	10
	Unhappy, frustrated.			Ok - need more guidance.					Great - feeling more relaxed, mind starting to slow down.

DIARY NOTES:



Quality services for remote and regional Australians.

VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

+ For more information call (08) 9385 1430 or go to chroniccare.com.au

DAY 6: _____ DATE: _____

SESSION 1: _____ DURATION: _____

GENERAL DISPOSITION SCORE (CIRCLE):

1	2	3	4	5	6	7	8	9	10
Unhappy, frustrated.			Ok - need more guidance.				Great - feeling more relaxed, mind starting to slow down.		

DIARY NOTES:

SESSION 2: _____ DURATION: _____

GENERAL DISPOSITION SCORE (CIRCLE):

1	2	3	4	5	6	7	8	9	10
Unhappy, frustrated.			Ok - need more guidance.				Great - feeling more relaxed, mind starting to slow down.		

DIARY NOTES:



Quality services for remote and regional Australians.

VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

+ For more information call (08) 9385 1430 or go to chroniccare.com.au

DAY 7: _____ **DATE:** _____

SESSION 1: _____ **DURATION:** _____

GENERAL DISPOSITION SCORE (CIRCLE):

1	2	3	4	5	6	7	8	9	10
Unhappy, frustrated.			Ok - need more guidance.				Great - feeling more relaxed, mind starting to slow down.		

DIARY NOTES:

SESSION 2: _____ **DURATION:** _____

GENERAL DISPOSITION SCORE (CIRCLE):

1	2	3	4	5	6	7	8	9	10
Unhappy, frustrated.			Ok - need more guidance.				Great - feeling more relaxed, mind starting to slow down.		

DIARY NOTES:



Quality services for remote and regional Australians.

VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

+ For more information call (08) 9385 1430 or go to chroniccare.com.au

DAY 8: _____ **DATE:** _____

SESSION 1: _____ **DURATION:** _____

GENERAL DISPOSITION SCORE (CIRCLE):

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
Unhappy, frustrated. | Ok - need more guidance. | Great - feeling more relaxed, mind starting to slow down.

DIARY NOTES:

SESSION 2: _____ **DURATION:** _____

GENERAL DISPOSITION SCORE (CIRCLE):

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
Unhappy, frustrated. | Ok - need more guidance. | Great - feeling more relaxed, mind starting to slow down.

DIARY NOTES:



Quality services for remote and regional Australians.

VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

+ For more information call (08) 9385 1430 or go to chroniccare.com.au

DAY 9: _____ DATE: _____

SESSION 1: _____ DURATION: _____

GENERAL DISPOSITION SCORE (CIRCLE):

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
Unhappy, frustrated. | Ok - need more guidance. | Great - feeling more relaxed, mind starting to slow down.

DIARY NOTES:

SESSION 2: _____ DURATION: _____

GENERAL DISPOSITION SCORE (CIRCLE):

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10
Unhappy, frustrated. | Ok - need more guidance. | Great - feeling more relaxed, mind starting to slow down.

DIARY NOTES:



Quality services for remote and regional Australians.

VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

+ For more information call (08) 9385 1430 or go to chroniccare.com.au

DAY 10: _____ DATE: _____

SESSION 1: _____ DURATION: _____

GENERAL DISPOSITION SCORE (CIRCLE):

1	2	3	4	5	6	7	8	9	10
Unhappy, frustrated.			Ok - need more guidance.				Great - feeling more relaxed, mind starting to slow down.		

DIARY NOTES:

SESSION 2: _____ DURATION: _____

GENERAL DISPOSITION SCORE (CIRCLE):

1	2	3	4	5	6	7	8	9	10
Unhappy, frustrated.			Ok - need more guidance.				Great - feeling more relaxed, mind starting to slow down.		

DIARY NOTES:
