Reducing the burden of chronic conditions so all Australians can live well for longer.

 + 21 Stuart Street, Mosman Park WA, 6012
 + (08) 9385 1430

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.





VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

DAY 1:	DATE:
SESSION 1:	DURATION:
GENERAL DISPOSITION SCORE (CI	RCLE):
1 2 3 4 Unhappy, frustrated.	5 6 7 8 9 10 Ok - need
DIARY NOTES:	
SESSION 2:	DURATION:
Unhappy,	RCLE): 5 6 7 8 9 10 Ok - need
GENERAL DISPOSITION SCORE (CI 1 2 3 4 Unhappy, frustrated.	RCLE): 5 6 7 8 9 10 Ok - need
GENERAL DISPOSITION SCORE (CI 1 2 3 4 Unhappy, frustrated.	RCLE): 5 6 7 8 9 10 Ok - need
GENERAL DISPOSITION SCORE (CI 1 2 3 4 Unhappy, frustrated.	RCLE): 5 6 7 8 9 10 Ok - need



VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

		DATE:	
SESSION 1:		DURATION:	
GENERAL DISPO	OSITION SCORE	(CIRCLE):	
1 2 Unhappy frustrated	3 4 d.	Ok - need	8 9 10 Great - feeling more relaxed, mind starting to slow down.
DIARY NOTES:			
SESSION 2:		DURATION:	
	OSITION SCORE		
	OSITION SCORE 3 4	(CIRCLE): 5 6 7 Ok - need	8 9 10 Great - feeling more relaxed, mind starting to slow down.



VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

DAY 3:	DATE:
SESSION 1:	DURATION:
GENERAL DISPOSITION SCORE (CIRCLE):
1 2 3 4 Unhappy, frustrated.	5 6 7 8 9 10 Ok - need
DIARY NOTES:	
SESSION 2:	DURATION:
	CIRCLE):
GENERAL DISPOSITION SCORE (CIRCULA.
	5 6 7 8 9 10 Ok - need
Unhappy,	5 6 7 8 9 10 Ok - need Great - feeling more relaxed,
1 2 3 4 Unhappy, frustrated.	5 6 7 8 9 10 Ok - need Great - feeling more relaxed,
1 2 3 4 Unhappy, frustrated.	5 6 7 8 9 10 Ok - need Great - feeling more relaxed.
1 2 3 4 Unhappy, frustrated.	5 6 7 8 9 10 Ok - need Great - feeling more relaxed.
1 2 3 4 Unhappy, frustrated.	5 6 7 8 9 10 Ok - need Great - feeling more relaxed,



VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

SESSION 1: GENERAL DISPOSITION SCORE	DURATION:
GENERAL DISPOSITION SCORE	
	(CIRCLE):
1 2 3 4 Unhappy, frustrated.	Ok - need more guidance. Ok - need more guidance. Great - feeling more relaxed, mind starting to slow down.
DIARY NOTES:	
SESSION 2:	DURATION:
GENERAL DISPOSITION SCORE	(CIRCLE):
DEITERAL DISI OSIIIOIT SCORL	
1 2 3 4 Unhappy, frustrated.	Ok - need Great - feeling more relaxed, mind starting to slow down.



VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

6 7 8 9 10 ed Great - feeling more relaxed, mind starting to slow down.
ed Great - feeling more relaxed,
ed Great - feeling more relaxed,
DURATION:
6 7 8 9 10 ed Great - feeling more relaxed, mind starting to slow down.



VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

SESSION 1: GENERAL DISPOSITION SCORE	DURATION:
	(CIRCLE):
1 2 3 4 Unhappy, frustrated.	Ok - need more guidance. Ok - need more guidance. Great - feeling more relaxed, mind starting to slow down.
DIARY NOTES:	
SESSION 2:	DURATION:
CENIED AL DISDOSITIONI SCODE	(CIRCLE):
GENERAL DISPOSITION SCORE	
GENERAL DISPOSITION SCORE (1 2 3 4 Unhappy, frustrated.	5 6 7 8 9 10 Ok - need Great - feeling more relaxed, mind starting to slow down.



VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

DAY 7:		DATE:			
SESSION 1:		DURATION	l:		
GENERAL DISPOSIT	ION SCORE (CIRCLE):			
1 2 Unhappy, frustrated.	(6 Ok - need re guidance.	7	8 9 Great - feeling more relations and starting to slow down	10 ced, vn.
DIARY NOTES:					
		DUDATION			
SESSION 2:		DURATION	N:		
GENERAL DISPOSIT	TION SCORE (CIRCLE):			
	3 4 5		7	8 9 Great - feeling more relation in the starting to slow down	æd,
1 2 Unhappy,	3 4 5	6 Ok - need	7	Great - feeling more rela	æd,
1 2 Unhappy, frustrated.	3 4 5	6 Ok - need	7	Great - feeling more rela	æd,
1 2 Unhappy, frustrated.	3 4 5	6 Ok - need	7	Great - feeling more rela	æd,
1 2 Unhappy, frustrated.	3 4 5	6 Ok - need	7	Great - feeling more rela	æd,
1 2 Unhappy, frustrated.	3 4 5	6 Ok - need	7	Great - feeling more rela	æd,



VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

	DATE:
SESSION 1:	DURATION:
GENERAL DISPOSI	TION SCORE (CIRCLE):
1 2 Unhappy, frustrated.	3 4 5 6 7 8 9 10 Ok - need more guidance. Great - feeling more relaxed, mind starting to slow down.
DIARY NOTES:	
SESSION 2:	DURATION:
	DURATION:TION SCORE (CIRCLE):



VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

CECCION 1	
SESSION 1:	DURATION:
GENERAL DISPOSITION SCO	ORE (CIRCLE):
1 2 3 Unhappy, frustrated.	4 5 6 7 8 9 10 Ok - need Great - feeling more relaxed, mind starting to slow down.
DIARY NOTES:	
SESSION 2:	DURATION:
GENERAL DISPOSITION SCO 1 2 3 Unhappy, frustrated.	



VIRTUAL CLINIC ACCESS VIA CHRONICCARE.COM.AU

DAY 10:	DATE:
SESSION 1:	DURATION:
GENERAL DISPOSITION SCORE (CI	IRCLE):
1 2 3 4 Unhappy. frustrated.	5 6 7 8 9 10 Ok - need
DIARY NOTES:	
SESSION 2:	
GENERAL DISPOSITION SCORE (CI	IRCLE):
1 2 3 4 Unhappy, frustrated.	5 6 7 8 9 10 Ok - need
1 2 3 4 Unhappy.	5 6 7 8 9 10 Ok - need Great - feeling more relaxed,
1 2 3 4 Unhappy, frustrated.	5 6 7 8 9 10 Ok - need Great - feeling more relaxed,
1 2 3 4 Unhappy, frustrated.	5 6 7 8 9 10 Ok - need Great - feeling more relaxed,
1 2 3 4 Unhappy, frustrated.	5 6 7 8 9 10 Ok - need Great - feeling more relaxed,
1 2 3 4 Unhappy, frustrated.	5 6 7 8 9 10 Ok - need Great - feeling more relaxed,