

RISE Series for Healthcare Professionals: Brigham and Women's Hospital
Practice Log and Diary

Name		
Week	1 2 3 4 5 6 (circle)	
	How many <i>minutes</i> of practice today?	What practice did you do? Reflections?
Day 1 Date		
Day 2 Date		
Day 3 Date		
Day 4 Date		
Day 5 Date		
Day 6 Date		
Day 7 Date		

