



October 2025

Track your
Mindful Minutes Activities
Log your minutes to win prizes at

TEXASCHILDRENS.ORG/MINDFUL



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Log your minutes to win prizes at

TEXASCHILDRENS.ORG/MINDFUL

Wed			1	Thu			2	Fri			3	Sat			4
☐			☐	☐			☐	☐			☐	☐			☐
Sun	5	Mon	6	Tue	7	Wed	8	Thu	9	Fri	10	Sat	11		
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		
Sun	12	Mon	13	Tue	14	Wed	15	Thu	16	Fri	17	Sat	18		
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		
Sun	19	Mon	20	Tue	21	Wed	22	Thu	23	Fri	24	Sat	25		
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐		
Sun	26	Mon	27	Tue	28	Wed	29	Thu	30	Fri	31				
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐					