

# POST-MAC PRACTICE PLAN FORM

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Performance Value:** \_\_\_\_\_

1. Basic Mindfulness Practice
  - a. Exercises to be used (e.g., Brief Centring Exercise, Mindfulness of the Breath)
  - b. Situation(s) in which it is used
  - c. Frequency
  - d. Time of day
2. Performance-Relevant Mindfulness Practice
  - a. Exercises to be used
  - b. Situation(s) in which it is used
  - c. Frequency
3. Task-Focused Attention Exercise
  - a. Situation(s) in which it is used
  - b. Frequency

**Record weekly mindfulness practice:**

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4. Acceptance, Willingness, and Commitment
  - a. Performance value and associated goal
  - b. Obstacle (e.g., thoughts, emotions)
  - c. Avoidant behaviour(s)
  - d. Specific opposite-action behaviour(s) to be activated

**Record weekly behavioural activation:**

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**Evaluation of practice and use of MAC skills during the past week:** \_\_\_\_\_  
(1 = no use, 5 = moderate use, 10 = frequent use)

(From Gardner & Moore, 2007)

