

Baseline Coherence Practice Log

Purpose: Support consistency without pressure.

Use this lightly. You're tracking familiarity, not performance.

Date: _____

Time practiced: morning midday evening between meetings

Length: 1–2 min 3–5 min other: _____

After the practice, I noticed:

- more steadiness
- clearer attention
- slower pace
- little change
- other: _____

One word that describes my state afterwards:

What made today's practice easier or harder:

*The goal is not improvement.
It's familiarity.*