



Meditation Challenge Self-Tracker



Before you begin, indicate how many days per week you'd like to meditate and the minimum number of minutes you will practice each time. Finally, decide which types of meditation you will practice each week and fill in the first column. As you go through your week, write in the number of minutes you practiced meditation for in the corresponding day.

Days per Week: _____

Minutes per Day: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 _____							
Week 2 _____							
Week 3 _____							
Week 4 _____							