

30-day Meditation Challenge log sheet

Record your daily sitting time and note anything significant that in your meditation

WEEK 1	DURATION	NOTES
Saturday 1/9		
Sunday 1/10		
Monday 1/11		
Tuesday 1/12		
Wednesday 1/13		
Thursday 1/14		
Friday 1/15		
WEEK 2		
Saturday 1/16		
Sunday 1/17		
Monday 1/18		
Tuesday 1/19		
Wednesday 1/20		
Thursday 1/21		
Friday 1/22		
WEEK 3		
Saturday 1/23		
Sunday 1/24		
Monday 1/25		
Tuesday 1/26		
Wednesday 1/27		
Thursday 1/28		
Friday 1/29		
WEEK 4		
Saturday 1/30		
Sunday 1/31		
Monday 2/1		
Tuesday 2/2		
Wednesday 2/3		
Thursday 2/4		
Friday 2/5		
Saturday 2/6		