

BUILDING THE MEDITATION MUSCLE

Build at your pace over several weeks!

Week 1/2: 5 minutes once per day

Week 2/3: 5 minutes twice per day

Week 3/4: 10 minutes in the A.M & 5 minutes in the P.M.

Week 4/5: 10 minutes twice per day

Week 5/6: 20 minutes in the A.M. and 10 minutes in the P.M.

Week 6/7: 20 minutes twice per day

Week 7-10+: Check back in* and learn about the benefits of a personalized mantra

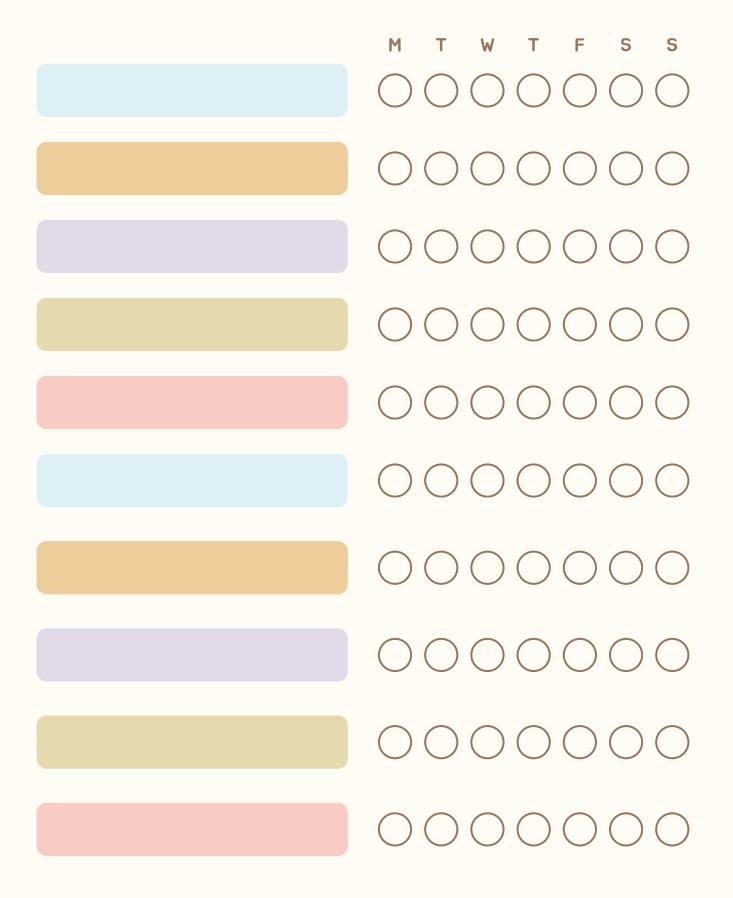
Note: *To learn more about a personalized mantra, schedule a free Vedic Meditation overview talk with me. Visit:

ImperfectionWellness.com/vedic-meditation

MEDITATION TRACKER

	M I W I F S S
5 MINUTES DAILY	000000
5 MINUTES DAILY	000000
10 MIN AM & 5 MIN PM	000000
10 MIN AM & 10 MIN PM	000000
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MEDITATION TRACKER



To learn more about wellness, mindfulness or to learn how to meditate, visit

ImperfectionWellness.com

or e-mail

Info@ImperfectionWellness.com