



# MEDITATION TRACKER

IMPERFECTIONWELLNESS.COM



# 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](https://ImperfectionWellness.com/vedic-meditation)**

# MEDITATION TRACKER

M T W T F S S

## 5 MINUTES DAILY



## 5 MINUTES DAILY



10 MIN AM & 5 MIN PM



10 MIN AM & 10 MIN PM



# MEDITATION TRACKER

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

[ImperfectionWellness.com](http://ImperfectionWellness.com)

or e-mail

[Info@ImperfectionWellness.com](mailto:Info@ImperfectionWellness.com)