



# 21 DAYS MEDITATION CHALLENGE



*Commit to meditating for at least 21 minutes for 21 consecutive days. Tick the box for each day you meditate.*

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10
Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20
Day 21				