

NAME:

TODAY'S DATE:

DAY #	
MIND	Write or copy your intention here:
	How many times did you write your intention in long-hand?
	How many times did you speak your intention out loud?
	Other exercises, if applicable?
	Write or copy your answers to question(s) here:
SPIRIT	Today's phrase:
	How long did you meditate?
HEART	Write or copy your answer to question(s) here:
BODY	Type of Exercise?
	How long?
	How hard/intense?
	Reflection on exercise