

MEDITATION LOG

Did you

| | meditate? | Length of time? | Thoughts that came up? | Any physical discomfort? |
|------------|-----------|-----------------|------------------------|---|
| Day 1 | | | | ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,, |
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| Meditation | | | | |
| Day 2 | | | | |
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| Meditation | | | | |
| Day 3 | | | | |
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| Meditation | | | | |
| Day 4 | | | | |
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| Meditation | | | | |
| Day 5 | | | | |
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| Meditation | | | | |
| Day 6 | | | | |
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| Meditation | | | | |
| Day 7 | | | | |
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| Meditation | | | | |