

MEDITATION HABIT TRACKER

MONTH _____
TOTAL DAYS **0 / 30**
STREAK **0 Days**
MINDFULNESS **High**

DATE	DURATION	FOCUS/NOTES	DONE
01	_____ min	_____	
02	_____ min	_____	
03	_____ min	_____	
04	_____ min	_____	
05	_____ min	_____	

MILESTONE REWARDS

7 Day Streak *Example: Specialty Coffee or Tea*

14 Day Streak *Example: New Book or Digital Album*

30 Day Mastery *Example: Spa Session or Weekend Trip*

"Peace comes from within. Do not seek it without."