

# MEDITATION & MINDFULNESS TRACKER

A journey of a thousand miles begins with a single breath.

MDay 1  
TDay 2  
WDay 3  
TDay 4  
FDay 5  
SDay 6  
SDay 7

Done	Milestone	Reward
	Complete 3 days in a row	Morning Specialty Coffee
	7 Day Streak completed	Extended Nature Walk
	Try a new meditation style	New Book or Journal
	15 Total sessions finished	Relaxing Bath Evening
	Full month of mindfulness	Spa Session or Massage

**Personal Goal:**

*"Be patient with yourself. Self-growth is tender; it's holy ground."*