

As an accountability factor and to celebrate each other, please enter your name after every day you have done your meditation

Day 1 (Thursday) 5 Minute Meditation	Day 2 (Friday) 5 Minute Meditation	Day 3 (Saturday) 5 Minute Meditation	Day 4 (Sunday) 5 Minute Meditation	Day 5 (Monday) 5 Minute Meditation	Day 6 (Tuesday) 5 Minute Meditation	Day 7 (Wednesday) 5 Minute Meditation
Jeanne D. Elizabeth Chilson	Navina Vemuri Elizabeth Chilson	Curtisa Johnson		Elizabeth Chilson Navina V	Jeanne D Navina V Chilson	Chilson Navina V.
Day 8 (Thursday) 5 Minute Meditation	Day 9 (Friday) 5 Minute Meditation	Day 10 (Saturday) 5 Minute Meditation	Day 11 (Sunday) 10 Minute Meditation	Day 12 (Monday) 10 Minute Meditation	Day 13 (Tuesday) 10 Minute Meditation	Day 14 (Wednesday) 10 Minute Meditation
Day 15 (Thursday) 10 Minute Meditation	Day 16 (Friday) 10 Minute Meditation	Day 17 (Saturday) 10 Minute Meditation	Day 18 (Sunday) 10 Minute Meditation	Day 19 (Monday) 10 Minute Meditation	Day 20 (Tuesday) 10 Minute Meditation	Day 21 (Wednesday) 15 Minute Meditation
	Navina V	Navina V	Navina V			

Day 22 (Thursday) 15 Minute Meditation	Day 23 (Friday) 15 Minute Meditation	Day 24 (Saturday) 15 Minute Meditation	Day 25 (Sunday) 15 Minute Meditation	Day 26 (Monday) 15 Minute Meditation	Day 27 (Tuesday) 15 Minute Meditation	Day 28 (Wednesday) 15 Minute Meditation
Navina V	Navina V.	Navina V.				
Day 29 (Thursday) 15 Minute Meditation	Day 30 (Friday) 15 Minute Meditation					