

## Labor Tracking Document

Please keep all of the labor tracking documents in this document. You will have one for each labor goal (assignment) you do for our course. The most recent labor tracking document should always go at the top. Be sure to put the name (e.g. wk 1.0 Reading Our Syllabus) at the top of each, so you can know what each refers to later – you'll need to know. I've copied a few versions below to help you. Just select and keep copying as you need them.

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Name of Labor Goal: **[select and type name here]**

- **Total minutes** spent on this labor goal: **[select and type number of mins here]**
- **Date and time** completed: **[select and type day, date, and time]**
- What **location(s)** of your laboring did you work in, was it the location you planned, and was it a good location for this labor?  
**[select and type here]**
- Did you **meditate** (do the mindful breathing) and how much time did you spend?  
**[select and type here]**
- What **steps in this labor goal** were difficult and which were helpful or meaningful to you and why?  
**[select and type here]**
- How would you describe your **engagement** in this labor goal? What would you rate it on a scale of 1-5? (with 1 being low engagement and 5 being most engaged)  
**[select and type here]**
- How would you describe your **emotional or physical (or both) condition** during your laboring? (Were you tired, excited, happy, anxious?) Did it affect your work in some way?  
**[select and type here]**
- Describe and reflect upon the **most important aspects, issues, or elements** of this labor. What were they and what lessons do you take from them for next time?  
**[select and type here]**

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**[select and type here]**

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