

<b>Meditation</b>	<b>Morning</b>	<b>Evening</b>
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

and later a spreadsheet...

paper tracking charts

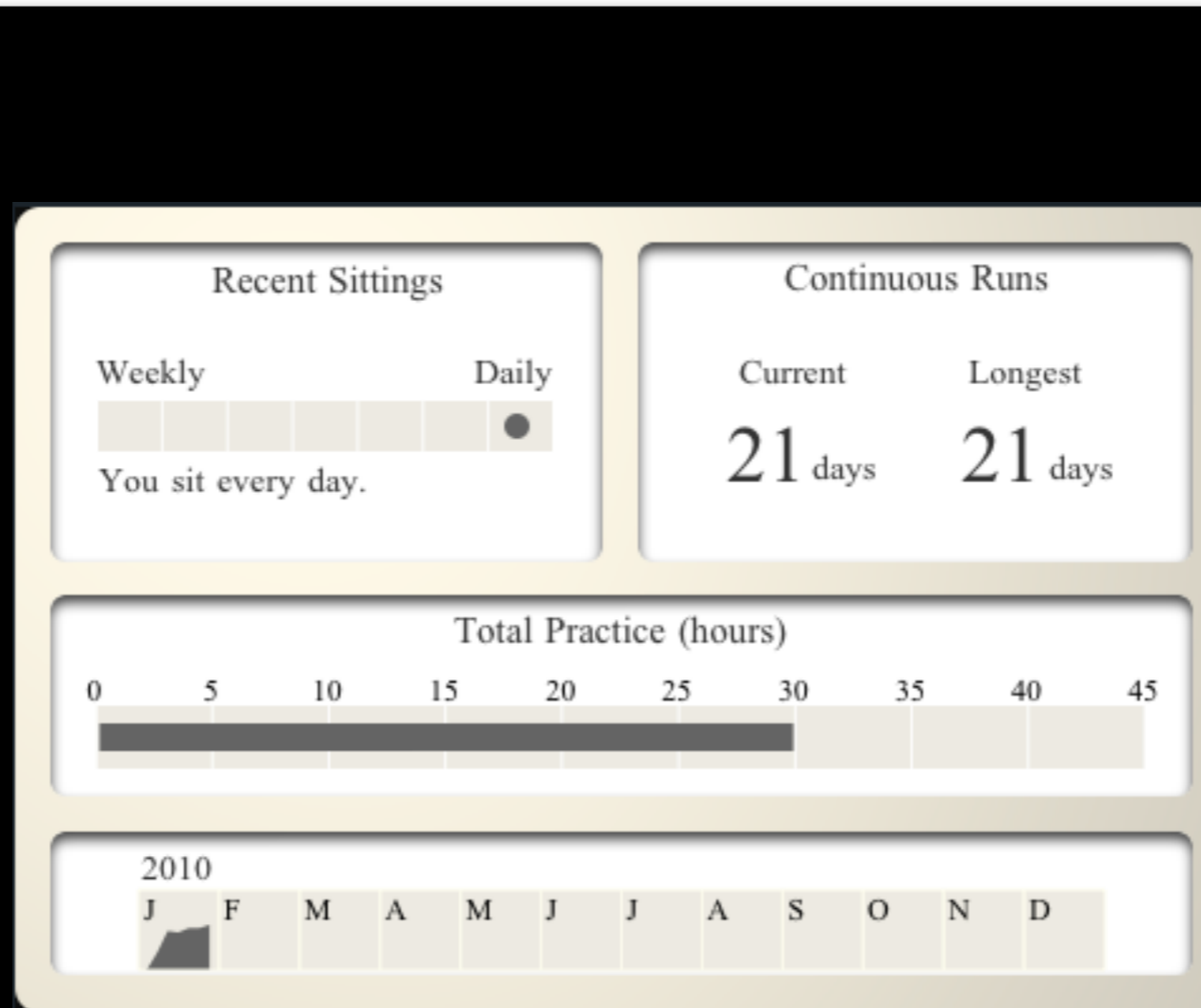
Prepare for 30  
seconds, then sit  
for ½ hour.

**Start Meditation**

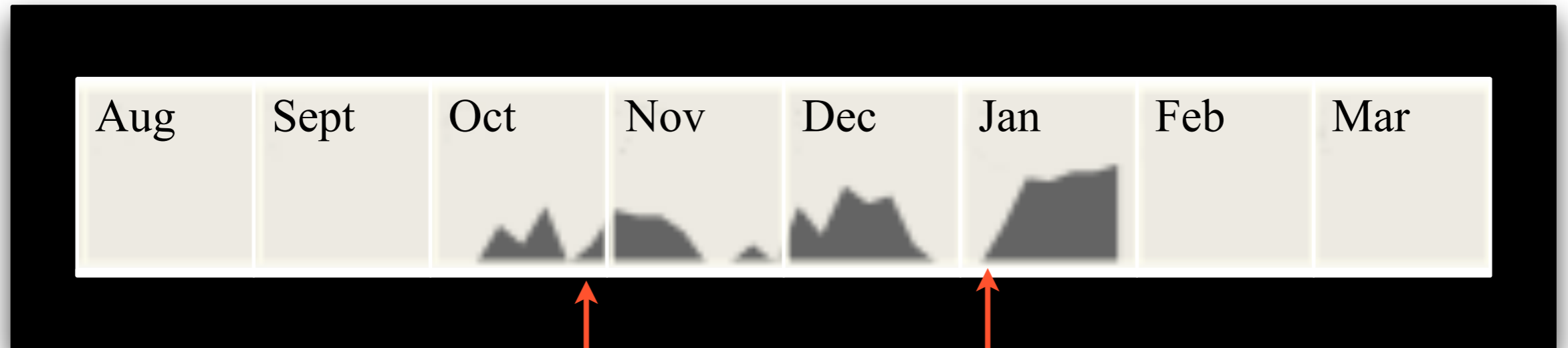


**Finish**

# Tracking



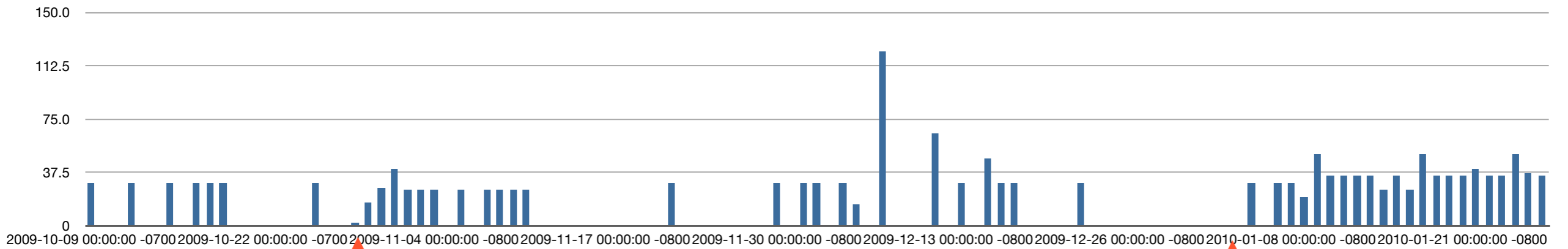
# Cooked Data



Implemented Tracking Screen

Zen Retreat

# Raw Data



Zen Retreat

Implemented Tracking Screen