



P-FIT: DAILY MEDITATION LOG

Print out a copy for each month.

NAME: _____ MONTH: _____

DATE	LENGTH OF TIME	RESOLUTION? Y OR N	SHORT COMMENT OR REFLECTION
1 st			
2 nd			
3 rd			
4 th			
5 th			
6 th			
7 th			
8 th			
9 th			
10 th			
11 th			
12 th			
13 th			
14 th			
15 th			
16 th			
17 th			
18 th			
19 th			
20 th			
21 st			
22 nd			
23 rd			
24 th			
25 th			
26 th			
27 th			
28 th			
29 th			
30 th			
31 st			