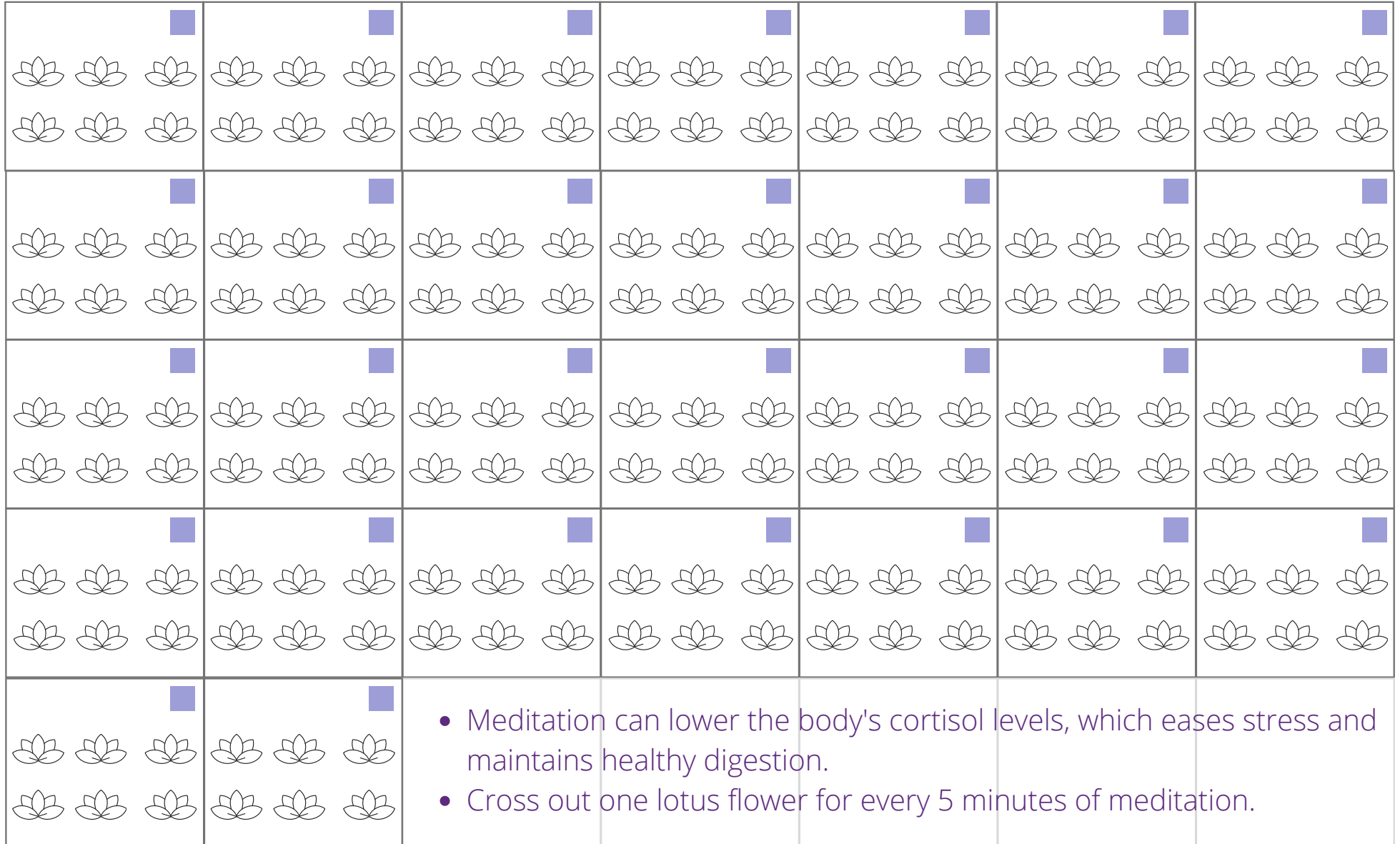


30-Day

Meditation Tracker

Kelly Schmidt
WELLNESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 A 5x7 grid for tracking meditation. Each cell contains two rows of three lotus flower icons. A small blue square is in the top right corner of each cell. The bottom-right cell (row 5, column 3) contains text instead of icons.						

- Meditation can lower the body's cortisol levels, which eases stress and maintains healthy digestion.
- Cross out one lotus flower for every 5 minutes of meditation.