

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wake-Up Time							
Hours of Sleep							
Feeling of Health							
Quality of Diet							
Morning Affirmation							
Yoga Nidra							
Meditation							
Yoga Asanas							
Morning Pranayama							
Evening Pranayama							
Physical Exercise							
Spiritual Reading							
Social Time							
Time at Work							
Charity Given							
Karma Yoga							
Virtue Focus							
Lies Told							
Evening Affirmation							
Time of Sleep							