

Day	Meditation	Meditation focus	Asanas	Karma Yoga	
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
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21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					
					Total Min
					Avg/Day



**Yoga Journal, Month:**

**Commitment to Practice:**

Feel free to include only the areas you wanted to record.  
 The extra rows can be for you to track anything else you would like for where ***focus goes, energy follows, results show***