

week: _____

day, date: activities:

time span: _____ to _____

time spent:

day, date: activities:

time span: _____ to _____

time spent:

day, date: activities:

time span: _____ to _____

time spent:

day, date: activities:

time span: _____ to _____

time spent:

day, date: activities:

time span: _____ to _____

time spent:

day, date: activities:

time span: _____ to _____

time spent:

day, date: activities:

time span: _____ to _____

time spent:

Sign the blank below if a week's worth of daily practice of contemplative exercises has been accomplished:
