Embodied Buddhism Tracking Sheet

Month:

○ **Week 1** ○ **Week 2** ○ **Week 3** ○ **Week 4**	**Reading, Review, Home-work**	**Sit**	**1. Lab Work**	**2. Lab Work**	**3. Lab Work**
Monday					
Tuesday					
Weds.					
Thursday					
Friday					
Saturday					
Sunday					

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