

## UP YOUR GAME

### COMPLETE THESE TASKS OVER 30 DAYS

1. 4 sits in one week
2. Sit for at least 7 minutes long
3. Sit at the same time for 2 days in a row
4. Sit for at least 12 minutes
5. Sit at the same time for 3 days in a row
6. Sit for at least 20 minutes
7. Sit for 20 minutes for 3 days
8. 5 sits in one week
9. Sit at the same time of day for 4 days in a row
10. Sit 10x in 2 weeks

### INSTRUCTIONS

Print this calendar and post it on your fridge or somewhere you can see it everyday.

Cross off the days and the challenges as you complete them. If you miss a day, don't worry. Commit to getting back at it the next day. You can sit for as little as 3 minutes/day.

[READ THE BLOG POST TO LEARN MORE!](#)



## 30 DAY MEDITATION CHALLENGE FOR BEGINNERS

### TRACK YOUR PROGRESS

01	02	03	04	05	06	07
08	09	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				