Drift Away Challenge

**Goal: Complete 2-3 days of meditation per week DURING the work day on one of your breaks.**

**Record by marking the date below and writing the track that was used.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Week 1** | **X** | **Did today’s meditation session help you? How?** |
| **9/1/2016** | **Thursday** |   |   |
| **9/2/2016** | **Friday** |   |   |
|  |  |   |   |
|  | **Week 2** |   |   |
| **9/5/2016** | **Monday** |   |   |
| **9/6/2016** | **Tuesday** |   |   |
| **9/7/2016** | **Wednesday** |   |   |
| **9/8/2016** | **Thursday** |   |   |
| **9/9/2016** | **Friday** |   |   |
|  |  |   |   |
|  | **Week 3** |   |   |
| **9/12/2016** | **Monday** |   |   |
| **9/13/2016** | **Tuesday** |   |   |
| **9/14/2016** | **Wednesday** |   |   |
| **9/15/2016** | **Thursday** |   |   |
| **9/16/2016** | **Friday** |   |   |
|  |  |   |   |
|  | **Week 4** |   |   |
| **9/19/2016** | **Monday** |   |   |
| **9/20/2016** | **Tuesday** |   |   |
| **9/21/2016** | **Wednesday** |   |   |
| **9/22/2016** | **Thursday** |   |   |
| **9/23/2016** | **Friday** |   |   |
|  |  |   |   |
|  | **Week 5** |   |   |
| **9/26/2015** | **Monday** |   |   |
| **9/27/2015** | **Tuesday** |   |   |
| **9/28/2015** | **Wednesday** |   |   |
| **9/29/2015** | **Thursday** |   |   |
| **9/30/2015** | **Friday** |   |   |