

Meditation Log • Month: _____ Year: _____

After you meditate, fill out this form to track your progress. Write the number of minutes that you meditated in the appropriate day of the month. Note the type of meditation you did: C for concentration, I for insight, W for walking, and L for loving-kindness. If you did more than one sit that day, you can separate them by commas like this: 30-I, 15-W, 5-L, 5-C.

Finally, list any benefits you have noticed from your meditation. This can be either during your sit (such as a sense of calm or the courage to look at discomfort) or during your day (such as less stress while driving in traffic, more patience with a difficult person, more focus, less anger, and so on). There may be many days where you don't notice any benefits. This is fine. Many benefits happen on a subconscious level. Obtain a PDF of this form at BoundlessLoveProject.org.

Date	Minutes	Progress Made or Benefits Noticed
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