30-DAY BODY CALENDAR

KEEP YOUR AWARENESS ON THE BODY

START DATE _____

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP
DAY 7	**DAY 8**	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**
MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP
DAY 13	**DAY 14**	**DAY 15**	**DAY 16**	**DAY 17**	**DAY 18**
MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP
DAY 19	**DAY 20**	**DAY 21**	**DAY 22**	**DAY 23**	**DAY 24**
MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP
DAY 25	**DAY 26**	**DAY 27**	**DAY 28**	**DAY 29**	**DAY 30**
MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP	MORNING NOON EVENING BEFORE SLEEP

Morning • Noon • Evening • Before Sleep - simply return your attention to your body.