

# Daily Routine Checklist

Name: \_\_\_\_\_

<u>Event</u>	Mon	Tue	Wed	Thur	Mon	Tue	Wed	Thur	Fri	Total / Average
<b>Wake-up Time</b>										<b>A</b>
<b>Morning Hygiene</b>	////////	////////	////////	////////	////////	////////	////////	////////	////////	////////
-oil massage										<b>T</b>
-bathing										<b>T</b>
<b>Morning Program</b>	////////	////////	////////	////////	////////	////////	////////	////////	////////	////////
-asanas										<b>T</b>
-pranayama										<b>T</b>
-TM / TM-Sidhis										<b>T</b>
<b>Breakfast</b>										<b>T</b>
<b>Exercise</b>										<b>T</b>
<b>Morning Class</b>										<b>T</b>
<b>Lunch- main meal</b>										<b>T</b>
<b>Afternoon Class</b>										<b>T</b>
<b>Special Project</b>										<b>T</b>
<b>Evening Program</b>	////////	////////	////////	////////	////////	////////	////////	////////	////////	////////
-asanas										<b>T</b>
-pranayama										<b>T</b>
-TM / TM-Sidhis										<b>T</b>
<b>Evening Meal</b>										<b>T</b>

Complete other side and do all calculations on both sides

<b>Evening Walk</b>										<b>T</b>
<b>Evening Projects</b>										<b>T</b>
<b>Early to Bed</b>										<b>A</b>
<i>//////////</i>	<i>//////////</i>	<i>//////////</i>	<i>//////////</i>	<i>//////////</i>	<i>//////////</i>	<i>//////////</i>	<i>//////////</i>	<i>//////////</i>	<i>//////////</i>	<i>//////////</i>
<b># Hours in bed</b>										<b>A</b>
<b># hours asleep</b>										<b>A</b>
<b>Total # steps</b>										<b>A</b>

**Notes:**

Steps;

Average/Total

Must be for at least two days

A=Average ; T=Total (You must complete and fill in the Average and Totals)