

**DAILY CHECKLIST TO STAY ON TRACK  
SOUL MUSCLE BUILDING**

	Breath		Breath		
Week Date	4-7-8	Meditation	4-7-8	Meditation	Journaling
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Week Date					
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Week Date					
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					