



# Sadhana Tracker (Primary) – Zone 6 Prasanthi Pilgrimage 2025

Love All, Serve All | Help Ever, Hurt Never

## Children aged 6 -10 yrs.

Name:	Month:																															
Daily Activities	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
Early Morning Prayer																																
Gayatri Mantra, three times a day (Morning, Midday & Evening) or 9 at 9PM																																
Daily/weekly Veda Chanting/listening																																
Food prayer before meals																																
Night Prayer																																
Five minutes silent sitting																																
Speak Truth																																
Daily acts of kindness ( <i>list for inspiration provided</i> ).																																

### Note & Guidelines

- Use one tracker per month and complete it every day before going to bed or once a week.
- Reflect over what you have achieved daily/weekly and think about how you may wish to improve.
- Thank Swami for his help and guidance regularly throughout the day.

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