

OUR 10 BREATH CYCLE MORNING PRACTICE

I (parent name) _____ and my child(ren)

hereby commit to completing our 10 breath cycle every morning before we start our day. (Print and sign the contract in the space below.)

Parent Signature: _____ Print Name _____

Child Signature: _____ Print Name _____

Child Signature: _____ Print Name _____

Child Signature: _____ Print Name _____

Name: _____ **FAMILY LOG**

Our weekly log (print multiple log templates so that you can consistently track your practice) This is a sample.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday