SAMPLE

UNIVERSITY OF SANTA MONICA

LIFE MASTERY AND SOUL-CENTERED LIVING II

MONTH: June 2020

DAILY RATING SCALE TRACKING SHEET

Enter your daily rating in the space provided for each day of the month under the rating column.
Note: only enter one rating per row.

	1	2	3	4	5	6	7	8	9
1		✓							
2	✓								
3	✓								
4	✓								
5		✓							
6			✓						
7		✓							
8			✓						
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