# ISKCON Silicon Valley
# Sadhana Card

| Week | Name: | | | Month: | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| **Week 1** | Wakeup Time | | | | | | | |
| | Japa Rounds | | | | | | | |
| | Reading BBT books | | | | | | | |
| | BG CHAD | | | | | | | |
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| **Week 2** | Wakeup Time | | | | | | | |
| | Japa Rounds | | | | | | | |
| | Reading BBT books | | | | | | | |
| | BG CHAD | | | | | | | |
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| **Week 3** | Wakeup Time | | | | | | | |
| | Japa Rounds | | | | | | | |
| | Reading BBT books | | | | | | | |
| | BG CHAD | | | | | | | |
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| **Week 4** | Wakeup Time | | | | | | | |
| | Japa Rounds | | | | | | | |
| | Reading BBT books | | | | | | | |
| | BG CHAD | | | | | | | |
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| **Week 5** | Wakeup Time | | | | | | | |
| | Japa Rounds | | | | | | | |
| | Reading BBT books | | | | | | | |
| | BG CHAD | | | | | | | |
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| | Book Distribution | | | | | | | |

## Instructions for filling the Sadhana card:

1.**Wakeup Time**: Please mention the wakeup time for that day like 5AM, 6:30AM e.t.c

2.**Japa Rounds**: Please mark number of rounds you have chanted for that day like 2, 4 , 8, 16 etc.

3.**Reading BBT books**: Please mention the time you spent you spent in reading the BBT books in **minutes**

like 15, 30, 90, and 120

4. **BG CHAD:** Please "X" that box if you have completed CHAD that day.