

Name:

Age:

Country:

Paryushan - Activity Tracking Sheet

Activity	Points Earned	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Doing Pranam to your parents in the morning	5								
Reciting the Namokar Mantra in the morning	5								
Reciting the Namokar Mantra before eating	5								
Reciting the Namokar Mantra before sleeping	5								
Helping your parents at least once in the day	5								
Only spending one-hour using a screen (watching shows, playing video games etc)	10								
Only drinking achit water (boiled water) for the whole day	10								
Only eating 10 dravyas (10 items of food, regardless of quantity) in a day	10								
Not walking on greenery for the whole day	10								
Do a mala (eg a Navkarsi)	10								
Only spending half an hour using a screen (watching shows, playing video games etc)	15								
Doing a besana - eating only two meals the whole day	15								
Ratri Bhojan Tyag (not eating after dinner at night)	15								
Giving up anger for the whole day	15								
Doing a Samayik	15								
Only eating 5 dravyas (5 items of food, regardless of quantity) in a day	20								
Doing an eksana - eating only one meal the whole day	25								
Doing an upvas - drinking only water the whole day	30								
Not using any screens for the whole day	30								
Doing Pratikraman	30								
Total For Each Day									

Total For All 8 Days