

16 POINTS CHART		Name:																																						
		Address:																																						
		16 Points Chart for the month of:	July	2003	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	Count				
1. USE OF WATER	Whether one carries Shaocamanjusa?																																							
	Whether one uses water after urination?																																							
2. FORESKIN	Natural / Artificial / Operated [Males only]																																							
	Whether one is habituated?																																							
3. JOINT HAIR	Whether one cleans it?																																							
	Whether one oils and combs it?																																							
4. LUNGOTA / UNDERWEAR	Whether one wears correct underwear?																																							
	Whether one cleans it daily?																																							
5. YYAPAKA SHAOCCA (HALF BATH)	Whether one does it as per system before sadhana, meals and sleep?																																							
6. BATH	Whether one bathes as per system?																																							
	Whether one performs Pitr Yajina as per system?																																							
7. FOOD	Whether one takes proper food?																																							
	Whether one refrains from taking food from mean-minded persons?																																							
8. UPAVASA (FASTING)	Whether one fasts on Ekadashi? (Amavasya and Purnima for WT & LFT)		With water?																																					
			Without water?																																					
	Whether one remains absorbed in His contemplation on Upavasya days?																																							
9. SADHANA	Madhuvīdyā		Whether one applies Guru Mantra before every action?																																					
	Whether one performs all lesson each time?		Morning		1																																			
					2																																			
					3																																			
					4																																			
					5																																			
					6																																			
			Noon		1																																			
					2																																			
					3																																			
					4																																			
					5																																			
					6																																			
			Evening		1																																			
					2																																			
					3																																			
					4																																			
					5																																			
					6																																			
			Night		1																																			
					2																																			
					3																																			
					4																																			
					5																																			
6																																								
Whether one performs Guru Sakasha?																																								
Whether one performs Paincajanya?																																								
Asanas		Whether one performs asanas?		Morning																																				
				Evening																																				
Sarvatmaka Shaoca		Whether one maintains cleanliness of:		Mind																																				
				Body																																				
				Dress																																				
				Bed																																				
				Environment																																				
		Whether one observes Social Norms?																																						
Tapah		Whether one performs Nr Yajina?		Shudrocita Seva																																				
				Ksatriyocita Seva																																				
				Viprocita Seva																																				
				Vaeshyocita Seva																																				
						Whether one performs Bhuta Yajina?		Animals																																
								Plants																																
		Whether one performs Pitr Yajina?		Ancestors																																				
		Whether one performs Adhyatma Yajina?		Spiritual Service																																				
Whether one does Svadyaya?																																								
10. ISTA	Whether one observes non-compromising strictness and faith regarding sanctity of Ista?																																							
11. ADARSHA	Whether one observes non-compromising strictness and faith regarding sanctity of Adarsha?																																							
12. CONDUCT RULES	Knowledge of and non-compromising strictness and faith regarding sanctity of Conduct Rules?																																							
13. SUPREME COMMAND	Whether one observes non-compromising strictness and faith regarding sanctity of Supreme Command?																																							
14. DHARMAKAKRA	Whether one attends weekly Dharmacakra?																																							
	Whether one takes correction as per Caryacarya for missing Dharmacakra?																																							
15. OATHS	Whether one remembers oaths daily?																																							
	Whether one follows them strictly?																																							
16. C. S. D. K	Conduct Rules		Whether one follows Conduct Rules?																																					
			Number of sympathizers created by one's conduct:																																					
	Seminar		Whether one attends retreats and seminars?																																					
			Whether one increases knowledge of Spiritual Philosophy?																																					
			Whether one increases knowledge of Social Philosophy?																																					
			Whether one increases knowledge of Mother Tongue?																																					
			Whether one increases knowledge of English?																																					
Duty		Whether one performs one's duty?																																						
Kiirtan, Kaoshiki, Tandava		Whether one performs Lalita?																																						
		Whether one performs Kaoshiki																																						
		Whether one performs Tandava? [Males only]																																						
TOTALS:																																								