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?																																		-
	Whether one is habituated?																																		-
2. FORESKIN	Natural / Artificial / Operated [Males only]																																		-
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 dally?																																		-
5. YYAPAKA SHAOCA (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	Madhuvidya	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																																-
			Ksattriyocita 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 Svadhyaya?																																		-
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. DHARMACAKRA	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:	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-