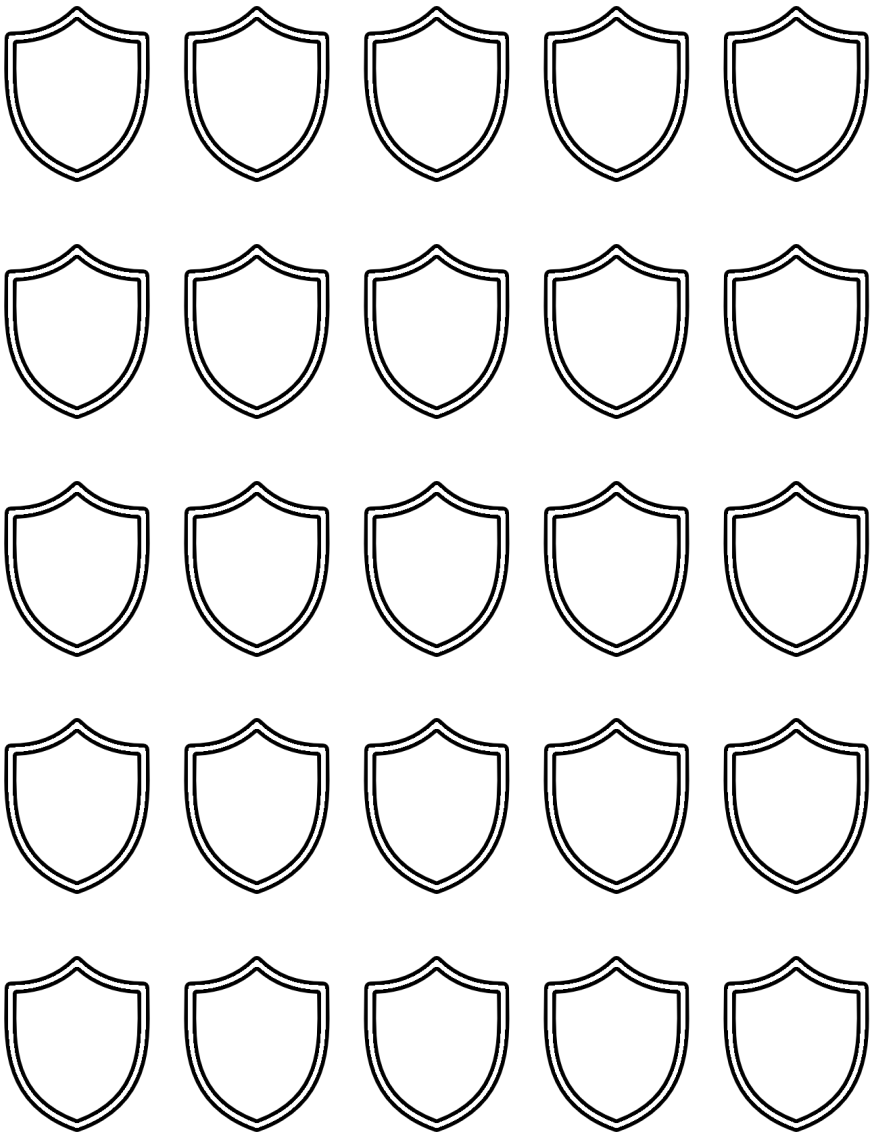
8 Precepts

Take the 8 precepts for at least half a day. Check one shield each day you do.



Your Name_____

Date Started_____ Date Completed_____