

Ritual Scent Tracker

Welcome to the **Ritual Scent Tracker**, a tool to log your experiences with essential oils, incense, or herbal blends in your spiritual or wellness practice. Record your blends, intentions, and observed results to deepen your connection with scents.

How to Use This Tracker

- **Date:** Note the date of your ritual or scent use.
- **Scent/Blend:** List the oils, incense, or herbs (e.g., "Lavender + Cedarwood").
- **Intention:** State your goal (e.g., "Relaxation" or "Clarity").
- **Results/Feelings:** Describe effects, emotions, or sensations.
- **Notes:** Add extra details, like blending tips or environmental factors.

Tips for Working with Scents

- Use high-quality, pure essential oils or ethically sourced incense.
- Dilute oils properly and ensure ventilation for incense/herbs.
- Create a calming environment with lighting or music.
- Experiment with blends to find what supports your intentions.
- Review entries regularly to spot patterns.

Sample Tracker Log

Below is a sample table showing the column structure. The full tracker includes 110 rows (intended for ~11 pages when printed with ~10 rows per page). Format the first row as a repeating header in Word (right-click table > Table Properties > Row > Check "Repeat as header row at the top of each page"). After pasting, adjust settings to span 11 pages (see instructions below).

Date	Scent/Blend	Intention	Results/Feelings	Notes
2025-06-19	Lavender + Frankincense	Calmness	Felt relaxed, slept better	Used in diffuser at night
2025-06-20	Peppermint + Eucalyptus	Focus	Increased alertness	Applied to temples
2025-06-21	Sandalwood Incense	Meditation	Deeper focus during session	Burned during evening ritual

Full Tracker Log

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