

Kadampa Center

Discovering Buddhism Course Completion Report

In order to officially complete any given subject area, students are required to attend all lectures (or listen to make-up CD/tape), complete all readings, do assigned contemplations and meditations (at least 7 times each). In addition, students must take and pass the course quiz and attend a practice day/retreat for the course. Students are requested to track fulfillment of course requirements on this sheet and hand it to the Course Administrators or Course Leaders upon completion. FPMT International Office will issue an official completion certificate to students who have fulfilled the requirements of ALL 14 subject areas. Please retain your completion cards and send copies of all 14 together to the International Office to receive your FPMT completion certificate.

Course Name: _____ **Course Dates:** _____

Course Leaders: _____

Attendance (Date of class)	Attended	Completed Make-up CD/tape
	_____	_____
	_____	_____
	_____	_____
	_____	_____

Readings (title/pages)	Date Completed

Contemplations (assigned dates)	Dates of Contemplations (at least 7 required)
week of _____	_____
week of _____	_____
week of _____	_____
week of _____	_____
week of _____	_____

Meditations (topics)	Dates Meditation Done
Meditation on _____	_____
Meditation on _____	_____
Meditation on _____	_____
Meditation on _____	_____
Meditation on _____	_____

Quiz	Date Taken	Course Leader Sign-off
	_____	_____

Retreat/Practice Day Completed	Date(s)	Location
	_____	_____

Course Leader's signature verifying above	Date
_____	_____