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| ***Goals*** | |
| ***Spiritual*** | ***Health*** |
| ***Relationship*** | ***Business/Career*** |
| ***Financial*** | ***Family Time/Free Time*** |
| ***Personal Development Community*** | |

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| **Date** | **Day** | **Diet** | **Scripture** | **Completed Reading** | **Exercise** | **Completed Exercise** |
| 2/13/13 | Day 1 |  | Mark 11:2--26 |  | Go for a 10 min brisk walk |  |
| 2/14/13 | Day 2 |  | Ephesians 6 |  | Do 5 squats |  |
| 2/15/13 | Day 3 |  | Psalm 27 |  | Go for a 10 min brisk walk |  |
| 2/16/13 | Day 4 |  | Isaiah 53 |  | Do 5 push ups |  |
| 2/17/13 | Sunday |  | -------------- |  | -------------- |  |
| 2/18/13 | Day 5 |  | Romans 1:1-16 |  | Go for a 15 min brisk walk |  |
| 2/19/13 | Day 6 |  | Matthew 6:25-34 |  | Do 5 squats |  |
| 2/20/13 | Day 7 |  | Philipians 4 |  | Go for a 15 min brisk walk |  |
| 2/21/13 | Day 8 |  | Psalm 1 |  | Do 5 push ups |  |
| 2/22/13 | Day 9 |  | I Kings 3:1-15 |  | Go for a 15 min brisk walk |  |
| 2/23/13 | Day 10 |  | Luke 16 |  | Do a 10 sec plank |  |
| 2/24/13 | Sunday |  | -------------- |  | -------------- |  |
| 2/25/13 | Day 11 |  | Hebrews 4 |  | Go for a 20 min brisk walk |  |
| 2/26/13 | Day 12 |  | Joel 3 |  | Do 10 squats |  |
| 2/27/13 | Day 13 |  | Acts 2 |  | Go for a 20 min brisk walk |  |
| 2/28/13 | Day 14 |  | Mark 9:14-29 |  | Do 10 push ups |  |
| 3/1/13 | Day 15 |  | John 1 |  | Go for a 20 min brisk walk |  |
| 3/2/13 | Day 16 |  | Malachi 3 |  | Do a 20 sec plank |  |
| 3/3/13 | Sunday |  | -------------- |  | -------------- |  |
| 3/4/13 | Day 17 |  | Genesis 4 |  | Go for a 25 min brisk walk |  |
| 3/5/13 | Day 18 |  | Mark 16 |  | Do 10 squats |  |
| **Date** | **Day** | **Diet** | **Scripture** | **Completed Reading** | **Exercise** | **Completed Exercise** |
| 3/6/13 | Day 19 |  | Psalm 20 |  | Go for a 25 min brisk walk |  |
| 3/7/13 | Day 20 |  | Philippians 3 |  | Do 10 push ups |  |
| 3/8/13 | Day 21 |  | James 3 |  | Go for a 25 min brisk walk |  |
| 3/9/13 | Day 22 |  | II Kings 6:1-17 |  | Do a 30 sec plank |  |
| 3/10/13 | Sunday |  | -------------- |  | -------------- |  |
| 3/11/13 | Day 23 |  | John 3:1-18 |  | Go for a 30 min brisk walk |  |
| 3/12/13 | Day 24 |  | Nehemiah 8:1-8 |  | Do 15 squats |  |
| 3/13/13 | Day 25 |  | Colossians 2 |  | Go for a 30 min brisk walk |  |
| 3/14/13 | Day 26 |  | I Thessalonians 3 |  | Do 15 push ups |  |
| 3/15/13 | Day 27 |  | Proverbs 3:1-12 |  | Go for a 30 min brisk walk |  |
| 3/16/13 | Day 28 |  | 1 Corinthians 13 |  | Do a 40 sec plank |  |
| 3/17/13 | Sunday |  | -------------- |  | -------------- |  |
| 3/18/13 | Day 29 |  | Jeremiah 33:1-11 |  | Go for a 30 min walk and every 10 mins increase the pace for 5 mins. |  |
| 3/19/13 | Day 30 |  | 1 Peter 4 |  | Do 5 squats, 5 push ups and 40 sec plank. |  |
| 3/20/13 | Day 31 |  | Judges 7:1-8 |  | Go for a 30 min walk and every 10 mins increase the pace for 5 mins. |  |
| 3/21/13 | Day 32 |  | Ezekiel 33:1-16 |  | Do 5 squats, 5 push ups and 40 sec plank. |  |
| 3/22/13 | Day 33 |  | John 14 |  | Go for a 30 min walk and every 10 mins increase the pace for 5 mins. |  |
| 3/23/13 | Day 34 |  | Romans 10:1-17 |  | Do 5 squats, 5 push ups and 50 sec plank. |  |
| 3/24/13 | Sunday |  | -------------- |  | -------------- |  |
| 3/25/13 | Day 35 |  | Deuteronomy 28:1-14 |  | Go for a 40 min walk. |  |
| 3/26/13 | Day 36 |  | Galatians 6 |  | Do 10 squats, 10 push ups and 50 sec plank. |  |
| 3/27/13 | Day 37 |  | Psalm 22 |  | Go for a 40 min walk. |  |
| 3/28/13 | Day 38 |  | John 19 |  | Do 10 squats, 10 push ups and 50 sec plank. |  |
| 3/29/13 | Day 39 |  | Luke 23 |  | Go for a 40 min walk. |  |
| 3/30/13 | Day 40 |  | Mark 15 |  | Do 10 squats, 10 push ups and 1 min plank. |  |
|  | Easter |  | -------------- |  | -------------- |  |