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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 |   | -------------- |   | -------------- |   |