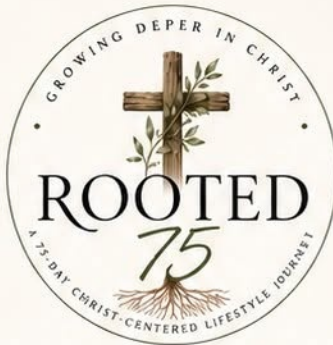




WEEKLY HABIT TRACKER



BUILDING DAILY HABITS. GROWING DEEPER IN CHRIST.

WEEK OF: _____

M T W T F S S



Daily SOAP Bible Study

☐☐☐☐☐☐☐

Intentional Prayer

☐☐☐☐☐☐☐

Daily Movement

☐☐☐☐☐☐☐

Time Outside

☐☐☐☐☐☐☐

Hydration

☐☐☐☐☐☐☐

Nourishing Our Bodies

☐☐☐☐☐☐☐

Personal & Spiritual Growth

☐☐☐☐☐☐☐

Speaking Life (No Gossip)

☐☐☐☐☐☐☐

A Personal 75-Day Fast
GIVE SOMETHING UP

☐☐☐☐☐☐☐

THIS WEEK, I AM GRATEFUL FOR...

1. _____
2. _____
3. _____



THIS WEEK'S WIN:



PRAYER REQUESTS:

