Le Hill

Women Living Well

3-MONTH HABIT TRACKER

Start Date

### Be Still: Women Living Well 3-Month Habit Tracker

© 2018 Women Living Well Ministries, LLC

ALL RIGHTS RESERVED

No part of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without written permission from the author, except in the case of a reviewer, who may quote brief passages embodied in critical articles or in a review.

Scripture is from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway Bibles, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Cover and interior layout and design by Five J's Design Cover image credit: Karma (Adobe Stock)

# Table of Contents

De Dent & Dill De line	21
Prayer Requests & Bible Reading	1∠
Proverbs Tracker	
Old Testament & New Testament Tracker	
Old Testament & New Testament Trucker	
Month 1	
Health Tracker	
Sleep Tracker	
Calorie Tracker	
Housework Tracker	
Meal Planning Tracker	
Gratitude Tracker	
Notes Tracker	42
Month 2	/ 5
Health Tracker	
Sleep Tracker	
Calorie Tracker  Housework Tracker	
Meal Planning Tracker	
Gratitude Tracker	
Notes Tracker	
THORES HIGHER	
Month 3	65
Health Tracker	
Sleep Tracker	
Calorie Tracker	
Housework Tracker	
Meal Planning Tracker	71
Medi Planning Tracker	
Gratitude Tracker	

### Do you feel like there are **not enough hours in the day?**Do you make goals and then **have trouble reaching them?**

### Do you feel like **important priorities get pushed aside** because of the tyranny of the urgent?

**YOU ARE NOT ALONE.** All of us struggle to stay disciplined day in and day out. For a Christian, setting aside time to be alone with God helps us to make wise choices with our time. How will we know how to spend our time—what we should commit to and what we should say "no" to, if we are not in communion with God? Without God's guidance, most likely we will take on more than we ought.

Jesus says, "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." (Matthew 11:28,29)

When our stress levels are high—it is nearly impossible to be the person we want to be. It is difficult to be self-controlled. We are too busy and there is absolutely no room for error in the day. We all need room to breathe. We need time to hear from God in his word. We need time to read a mind stretching and soul-inspiring book or to soak in a bubble bath or to journal or to linger long with loved ones. These are gifts that God has given us to enjoy.

What gifts are you missing out on because you are lacking self-discipline in your life?

I hope this Habit Tracker will be a secret weapon to helping you reach your personal goals. It will help you track your progress and build discipline into your daily life. But beware – do not try to complete all the trackers at once! Pick and choose the ones that fit your personal goals. Then attempt to complete those few trackers. Do not be discouraged. No one can do it all. Be wise in your choices. Pray and ask the Lord to show you which of these trackers will grow your mind, body or soul and then get started!

You are not alone on your journey! Join me on the blog at **WomenLivingWell.org** and out on Instagram at **Instagram.com/WomenLivingWell** 

Together we can reach our goals.

Walk with the King,

Courtney

"For God
gave us a spirit not of fear
but of power and love
and self-control."

2 TIMOTHY 1:7

How to Use the Trackers

### This 3-month tracker was designed to help you reach your life goals.

Each of us has a unique set of priorities, but all of us should be growing in our walk with the Lord.

Instructions for how to use each individual tracker can be found on the following pages, but first, here's how everything is organized.

- The first thing you'll find (on p. 21) is a place to track your **Prayer Requests and**Bible Reading. These spiritual trackers are to be used for all three months.
- Behind the spiritual trackers (on p. 29), you will find **three sets of seven Habit Trackers** separated by month. When the book is closed, you can easily find the month you want by looking at the black tabs on the edges of the pages. The seven trackers that are included in each of the three monthly sections are:
  - 1. a Health Tracker
  - 2. a Sleep Tracker
  - 3. a Calorie Tracker
  - 4. a Housework Tracker
  - 5. a Meal Planning Tracker
  - 6. a Gratitude Tracker
  - 7. a Note Tracker
- Behind the three months of Habit Trackers (on p. 83), you will find **90 lined pages for journaling**, along with an inspirational verse every other day.

The more often you complete a habit, the stronger the habit will become. As you track your success and identify areas of weakness, you will find motivation to keep your good habits going.

Enjoy the journey of growth and progress, and remember to give yourself grace as you live intentionally, to the glory of God!

Prayer Request Tracker

Have you ever told someone you would pray for them—and then you forgot? Using this prayer tracker will remind you to pray and to follow up and watch for answered prayers. When a prayer is answered, highlight it or date the day it was answered.

There are three pages provided for you to log your prayer requests. If you run out of space, flip to the back of your book and use the journal pages to continue your prayer requests.

Prayer P	Request Tracker  Prayer Request Tracker	
22		
		23

Proverby Tracker

**Do you need more wisdom and insight for your daily life?** Then Proverbs is a great book of the Bible for you to read. Read one chapter a day and use the Proverbs Tracker to track your reading.

′.	Ľ	) Janus		he.	/,	acke	u					
/		rove	1	PS /		acre	<b>*</b>					
	1				1				_			
	//	North I	-		//	North 2			1	North 3	3	
		CHAPTER	V	_		CHAPTER	<u>/</u>			CHAPTER	V	
DAY OF THE MONTH	1	Proverbs 1		Ę	1	Proverbs 1		풀_	1	Proverbs 1		
Ş.	2	Proverbs 2		Q	2	Proverbs 2		ş	2	Proverbs 2		
뽀.	3	Proverbs 3		뽀	3	Proverbs 3		뽀_	3	Proverbs 3		
FT	4	Proverbs 4		J-FT	4	Proverbs 4		F.	4	Proverbs 4		
>_	5	Proverbs 5		DAY OF THE MONTH	5	Proverbs 5		DAY OF THE MONTH	5	Proverbs 5		
۵	6	Proverbs 6		2	6	Proverbs 6		۵	6	Proverbs 6		
	7	Proverbs 7			7	Proverbs 7			7	Proverbs 7		
	8	Proverbs 8			8	Proverbs 8			8	Proverbs 8		
	9	Proverbs 9			9	Proverbs 9			9	Proverbs 9		
	10	Proverbs 10			10	Proverbs 10			10	Proverbs 10		
	11	Proverbs 11			11	Proverbs 11			11	Proverbs 11		
	12	Proverbs 12			12	Proverbs 12			12	Proverbs 12		
	13	Proverbs 13			13	Proverbs 13			13	Proverbs 13		
	14	Proverbs 14			14	Proverbs 14			14	Proverbs 14		
	15	Proverbs 15			15	Proverbs 15			15	Proverbs 15		
	16	Proverbs 16			16	Proverbs 16			16	Proverbs 16		
	17	Proverbs 17			17	Proverbs 17			17	Proverbs 17		
	18	Proverbs 18			18	Proverbs 18			18	Proverbs 18		
	19	Proverbs 19			19	Proverbs 19			19	Proverbs 19		
	20	Proverbs 20			20	Proverbs 20			20	Proverbs 20		
	21	Proverbs 21			21	Proverbs 21			21	Proverbs 21		
	22	Proverbs 22			22	Proverbs 22			22	Proverbs 22		
	23	Proverbs 23			23	Proverbs 23		:	23	Proverbs 23		
	24	Proverbs 24			24	Proverbs 24			24	Proverbs 24		
	25	Proverbs 25			25	Proverbs 25			25	Proverbs 25		
	26	Proverbs 26			26	Proverbs 26		:	26	Proverbs 26		
	27	Proverbs 27			27	Proverbs 27			27	Proverbs 27		
	28	Proverbs 28			28	Proverbs 28			28	Proverbs 28		
	29	Proverbs 29			29	Proverbs 29			29	Proverbs 29		
	30	Proverbs 30			30	Proverbs 30		3	30	Proverbs 30		
	31	Proverbs 31			31	Proverbs 31			31	Proverbs 31		

### Old & New Testament Tracker

### Have you felt frustrated when you've fallen behind on a "Read Through the Bible in a Year" plan? Me too! So many times the dates on the plan lead me to feel like a failure. But

this tracker has no dates! Simply pick any book of the Bible and begin reading a chapter—or two or three—each day. Log your progress, and enjoy the grace this tracker offers you.

Old Test	tam			
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 72 82 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50	1 SAMUEL 8 9 10 18 19 20 28 29 30 2 SAMUEL		MATHEW /es	tament colossians 1 2 3 4
31 32 33 34 35 36 37 38 39 40	8 9 10 18 19 20 1 KINGS 8 9 10 18 19 20	EZEKIEL  1 2 3 4 5 0 7 8 9 10  11 12 13 14 15 16 17 18 19 20  21 12 2 3 2 4 25 20 27 28 29 30  31 32 33 34 35 36 37 38 39 40	21   22   23   24   25   26   27   28	1THESSALONIANS
11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27  NUMBERS 1 2 3 4 5 6 7	2 KINGS  8 9 10  18 19 20	DANIEL 1 2 3 4 5 6 7 8 9 10 11 12  HOSEA 1 2 3 4 5 6 7 8 9 10 11 12 13 14	9	2 TIMOTHY
DEUTERONOMY 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26	7 8 9 17 18 19 27 28 29 2 CHRONICL 7 8 9	JOEL 1 2 3 AMOS 1 2 3 4 5 6 7 8 9 OBADIAH 1	ACTS	HEBREWS 1 2 3 4 5 6 7 8 9 10 11 12 13 JAMES 1 2 3 4 5
JOSHUA 1 2 3 4 5 6 7	17 18 19 27 28 29 EZRA	JONAH 1 2 3 4 5 6 7  NAHUM 1 2 3	1 CORINTHIANS  1 2 3 4 5 6 7 8 9 10  11 12 13 14 15 16	1 PETER 1 2 3 4 5 2 PETER 1 2 3 4 5 1 1 JOHN 1 2 3 4 5
8 9 10 11 12 13 14 15 16 17 18 19 20 21	NEHEMIAH	TECHARIAH	2 CORINTHIANS 1 2 3 4 5 6 7 8 9 10 11 12 13 4 5 6  GALATIANS 1 2 3 4 5 6	2 JOHN
26		7 8 9 10 11 12 13 14  MALACHI 1 2 3 4	PHILIPPIANS 1 2 3 4 5 6	REVELATION 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 27

### How to USE THE Health Tracker

### Do you have workout equipment that you spent a lot of money on but rarely use?

Making goals and tracking our progress helps us to be more mindful and conscious of our daily choices. Use this Health Tracker to create your own personal health goals. For example, determine how many minutes of cardio or strength training you want to complete each day. If there are some days you want to take off, color those squares in. Then on the other days, track your progress. Create personal goals regarding your fruit and vegetable intake or limiting the time you spend on social media. If there is an item on the tracker you do not want to track, strike out that row with a black marker. If there is an item missing from the tracker, use the blank rows to add in what you would like to track.

Hea	. A	L'	7,		-	) 0 14									no sn	acks,	no de	the do esserts o for o	, 15-m	inute	
Tim	v			u		<i></i>	_	ı							26	27	28	29	30	31	
Cardio	1	2 3	4	5	6	7	8	9	10	11	12	13	14								
Strength																					
Training																					
Water Intake																					
Vegetables																					
Fruit																					
Protein																					
Vitamins																					
Medications																					
Skin Care Routine																					
Social Media																					
30																					31

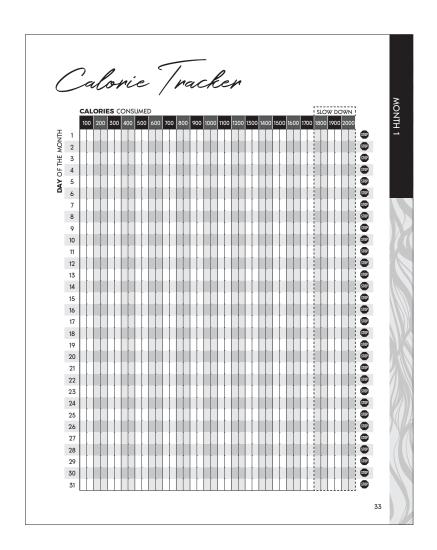
leep Tracker

Did you know that we will spend almost one-third of our lives sleeping? Poor sleep can lead to poor health. Sleep is vital for longevity; God created our bodies to require rest. But many of us are short on sleep, and it is affecting our daily lives. Color in the boxes of the hours you sleep on the tracker to track your sleep each night along with any naps you take.

	5	Vee	p	_	1,	ac	- - K	g e	p														
MONTH 1		PM 9 10				3 4	A. 5	М		8	9 1	10	11	12	1	2	3	PM 4	5	6	7	8	
2	DAY OF THE MONTH  1  2  3  4  5  4																						
	Q 2																						
	물 3 당 4																						
	Ö 4 ≥ 5												-										
	<b>A</b> 6																						
	7																						
<b>73</b> )	8																						
	9																						
	10																						
	11																						
	12																						
	13																						
	14 15												-										
<b>//</b> ((	16																						
	17												1										
	18																						
	19				П								П										
	20																						
	21																						
	22																						
	23																						
	24																						
	25 26																						
	26																						
	28																						
	29																						
	30																						
	31																						
32	2																						

Calorie Tracker

**Do you need to watch your calorie intake?** Counting calories is not for everyone, so some may wish to skip this tracker altogether. But if you fall into the percentage of women who do track their calories from time to time, this is for you. The number of calories each of us needs in a day varies, so choose your number and then begin logging as you eat each meal. If you need a tool to help you determine the number of calories in the foods you eat, **MyFitnessPal.com** offers a free online calorie counter.



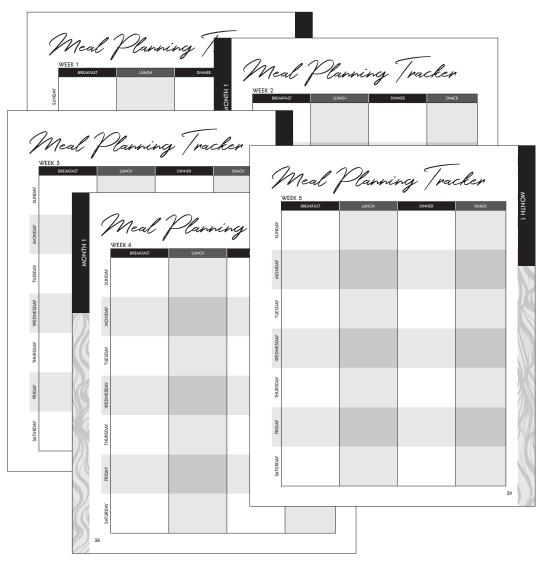
How to USE THE

Housework Tracker

Do you struggle to get all of your housework done? Routines and habits work to get the job done. Create your own unique weekly routine and then implement it using the Housework Tracker. Common weekly chores are listed for you. Use the blanks to add in other chores that may be on your personal list like ironing, cleaning out the refrigerator, or organizing a closet.

	Hou	sew	ork	Tra	- icke	p		
エ	/ [	WEEK 1		EEK 2	WEEK 3	WEEK	4	WEEK 5
MONTH 1		S M T W T	F S S M T	W T F S S	M T W T F	S S M T W	T F S S M	T W T F S
Š V	Menu Plan							
	Grocery Shop							
	Wash Laundry							
	Fold Laundry							
	Put Away Laundry							
	Dust							
	Vacuum/Sweep							
	Empty Trash Cans							
//	Clean Bathrooms Clean Kitchen							
	Clean Kirchen							
7	i	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(		SUNDAY	MONDAY	IUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	SUGGESTED ROUTINE	REST!	market day	tubs, toilets & towels	wash day	dust & vacuum	Aoor	catch-up day
	ļ							
		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MY WEEKLY							
	ROUTINE							
111,	Ĩ	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	MY WEEKLY ROUTINE							
	ļ	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MY WEEKLY							
	ROUTINE							
	Ì	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		JUNDA	MONDA!	TOESDAT	EUTTEUDM	J. IONSDAT	TRIDAT	JATORDAN
	MY WEEKLY ROUTINE							

**Did you know you will eat over 1,000 meals in the next year?** That's a lot to organize, especially if you have a lot of mouths to feed. Planning our meals ahead for the week or month can help us eat healthier, save money, get food on the table faster, and avoid that stressful feeling when we are scrambling to decide what to cook. Make your shopping list based on your meal plan. This way you'll be able to avoid last-minute shopping and have all the ingredients you need for the week. The more you meal plan, the easier those 1,000 meals become. There are five weeks of Meal Planning Trackers included in each month.



Gratitude Tracker

Are you aware of all the benefits of a Gratitude Tracker? It is scientifically proven that listing the things we are grateful for improves our mood, our relationships, our physical and psychological health, our sleep, our hopefulness, and our resilience. Spiritually speaking, recognizing what we're grateful for opens our eyes to the good gifts that God has generously given to us each day. Write out the things that you're grateful for each day, and then use the section at the end of the Gratitude Tracker to write out your reflections on how tracking the things you are grateful for has impacted your life.

	Gratitude		
Ξ		26	
MONTH 1	2	27	
Ž	3	28	Š
	4	29	MONTH 1
	5	30	<u> </u>
	6	31	
	7	0. 50 01	
	8	My Thought's THIS MONTH ABOUT GRATITUDE	
	9		
111	10		
	11		
	12		1/1
	13		
<b>Y(((</b>	14		
$\mathbb{N}$	15		
	16		
	17		
	18		$M_{\lambda}$
	19		
	20		
	21		
	22		
	23		(4)
	24		
	25		
	40		
		41	

Motes Tracker

**Do you listen to podcasts or sermons on-line?** We tend to remember the things we write down. Use this tracker to take notes about ideas and thoughts you either learned or do not want to forget. You could also use these pages to take notes in church while your pastor preaches. There are five Notes Trackers included in each month.

	_
	Motes Tracker
	(Matas Junction
	plones rainer
	TITLE: SPEAKER:
MONTH 1	
Ó	
₹	
	<del></del>
(/_))	
V(((	
///	
<i>7/</i> ) (	
42	

### HOW TO USE THE

Journaling Pages

Did you know that journaling daily can increase self-awareness, release pent-up emotions, help us to focus, and lead to healing? Your journal can be used in various ways. You could use it to write out your prayers, Bible verses, take notes from your daily Bible reading or other books you are reading, write out your emotions and struggles, capture brilliant ideas, or write out your dreams and goals. You could sketch in it, journal your daily happenings, write unsent letters, store quotes, make to-do lists, keep recipes, log expenses, make buckets lists, and more! Whatever is on your mind, write it.

Journal		1/
Journa		_ /
(		
		_ \
		_
34	"But they who wait for the Lord shall renew their strength."	
84	ISAIAH 40:31	85

A Final Note

It is not easy to do these Habit Trackers daily, but it is so good for us! Choose today to begin, and see where it leads. If you need extra accountability, invite a friend or a group of friends to work through these trackers together. Discuss your progress and cheer each other on. This is your journey to take. Enjoy it!

Prayer Requests E Sible Reading



Prayer	Regi	nest /v	racker



# Proverby Tracker Month 1 Month 2

	1	North I	1
		CHAPTER	~
Ē	1	Proverbs 1	
MON	2	Proverbs 2	
무	3	Proverbs 3	
)F T	4	Proverbs 4	
AAY OF THE A	5	Proverbs 5	
Δ	6	Proverbs 6	
	7	Proverbs 7	
	8	Proverbs 8	
	9	Proverbs 9	
	10	Proverbs 10	
	11	Proverbs 11	
	12	Proverbs 12	
	13	Proverbs 13	
	14	Proverbs 14	
	15	Proverbs 15	
	16	Proverbs 16	
	17	Proverbs 17	
	18	Proverbs 18	
	19	Proverbs 19	
	20	Proverbs 20	
	21	Proverbs 21	
	22	Proverbs 22	
	23	Proverbs 23	
	24	Proverbs 24	
	25	Proverbs 25	
	26	Proverbs 26	
	27	Proverbs 27	
	28	Proverbs 28	
	29	Proverbs 29	
	30	Proverbs 30	
	31	Proverbs 31	

		long Z
_		CHAPTER 🗸
弄	1	Proverbs 1
Θ	2	Proverbs 2
OF THE A	3	Proverbs 3
F T	4	Proverbs 4
>	5	Proverbs 5
DA∀	6	Proverbs 6
	7	Proverbs 7
	8	Proverbs 8
	9	Proverbs 9
	10	Proverbs 10
	11	Proverbs 11
	12	Proverbs 12
	13	Proverbs 13
	14	Proverbs 14
	15	Proverbs 15
	16	Proverbs 16
	17	Proverbs 17
	18	Proverbs 18
	19	Proverbs 19
	20	Proverbs 20
	21	Proverbs 21
	22	Proverbs 22
	23	Proverbs 23
	24	Proverbs 24
	25	Proverbs 25
	26	Proverbs 26
	27	Proverbs 27
	28	Proverbs 28
	29	Proverbs 29
	30	Proverbs 30
	31	Proverbs 31

		North 3
		CHAPTER 🗸
Z	1	Proverbs 1
<u>Q</u>	2	Proverbs 2
Ŧ	3	Proverbs 3
Ö	4	Proverbs 4
A A	5	Proverbs 5
٥	6	Proverbs 6
	7	Proverbs 7
	8	Proverbs 8
	9	Proverbs 9
	10	Proverbs 10
	11	Proverbs 11
	12	Proverbs 12
	13	Proverbs 13
	14	Proverbs 14
	15	Proverbs 15
	16	Proverbs 16
	17	Proverbs 17
	18	Proverbs 18
	19	Proverbs 19
	20	Proverbs 20
	21	Proverbs 21
	22	Proverbs 22
	23	Proverbs 23
	24	Proverbs 24
	25	Proverbs 25
	26	Proverbs 26
	27	Proverbs 27
	28	Proverbs 28
	29	Proverbs 29
	30	Proverbs 30
	31	Proverbs 31

### Old Testament

### **GENESIS**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50

### **EXODUS**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40

### **LEVITICUS**

ı										10	ı
	11	12	13	14	15	16	17	18	19	20	
	21	22	23	24	25	26	27				

NUA	ИBE	RS	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15	16	17
18	19	20	21	22	23	24	25	26	27
28	29	30	31	32	33	34	35	36	

DEU	TERC	ONC	MY	1	2	3	4	5	6
7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26
27 28 29 30		31	32	33	34				

JOS	HUA	4	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15	16	17
18	19	20	21	22	23	24			

JUD	GES	;	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15	16	17
18	19	20	21						

RUTH	1	2	3	4

1 SA	MUI	EL	1	2	3	4	5	6	7
8 9 10		10	11	12	13	14	15	16	17
18	19	20	21	22	23	24	25	26	27
28 29 30			31						

2 S/	4MU	EL	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15	16	17
18	19	20	21	22	23	24			

1 KII	٧GS	;	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15	16	17
18	19	20	21	22					

2 KINGS			1	2	3	4	5	6	7
8	9	10	11	12	13	14	15	16	17
18	19	20	21	22	23	24	25		

1 CH	HRO	NIC	LES	1	2	3	4	5	6
7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26
27	28	29							

2 Cł	HRO	NIC	LES	1	2	3	4	5	6
7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26
27	28	29	30	31	32	33	34	35	36

### EZRA

•	LZIVA										
	1	2	3	4	5	6	7	8	9	10	

NEF	HEM	IAH	1	2	3	4	5	6	7
8	9	10	11	12	13				

### **ESTHER**

1	2	3	4	5	6	7	8	9	10

JOE	3	1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28
29	30	31	32	33	34	35	36	37	38
39	40	41	42						

### **PSALMS**

1 3~	LVIJ	'							
1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100
101	102	103	104	105	106	107	108	109	110
111	112	113	114	115	116	117	118	119	120
121	122	123	124	125	126	127	128	129	130
131	132	133	134	135	136	137	138	139	140
141	142	143	144	145	146	147	148	149	150

PROVERBS				1	2	3	4	5	6
7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26
27	28	29	30	31					

ECC	CCLESIASTES		1	2	3	4	5	6	
7	8	9	10	11	12				

### SONG OF SOLOMON

1 2 3 4	5 6	7 8
---------	-----	-----

ISAIAH		1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28
29	30	31	32	33	34	35	36	37	38
39	40	41	42	43	44	45	46	47	48
49	50	51	52	53	54	55	56	57	58
59	60	61	62	63	64	65	66		

JERI	EMI/	ΥН	1	2	3	4	5	6	7
8	9	10	11	12	13	14	15	16	17
18	19	20	21	22	23	24	25	26	27
28	29	30	31	32	33	34	35	36	37
38	39	40	41	42	43	44	45	46	47
48	49	50	51	52					

					-
LAMENTATIONS	1	2	3	4	5

### **EZEKIEL**

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48		

DANIEL		1	2	3	4	5	6	7	8
9	10	11	12						

HOSEA		1	2	3	4	5	6	7	8
9	10	11	12	13	14				

JOEL	1	2	3

### **AMOS**

1	2	3	4	5	6	7	8	9

### OBADIAH 1

JONAH	1	2	3	4
-------	---	---	---	---

MICAH	1	2	3	4	5	6	7

NAHUM	1	2	3
NAHUM	1	2	ာ

ZECHARIAH				1	2	3	4	5	6
7	8	9	10	11	12	13	14		

### New Testament

### MATTHEW

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28		

COLOSSIANS	1	2	3	4	
------------	---	---	---	---	--

### 1 THESSALONIANS 1 2 3 4 5

MAF	RK	1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16		

2 THESSALONIANS	1	2	3

LUK	E	1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16	17	18
19	20	21	22	23	24				

1 TIMOTHY	1	2	3	4	5	6	

2 TIMOTHY | 1 | 2 | 3 | 4

		1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16	17	18
19	20	21							

TITUS	1	2	3	

L	19	20	21				
	<b>C</b> T	_					

PHILEMON	1	
----------	---	--

ACT	S	1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28

HEB	REV	VS		1	2	3	4	5
6	7	8	9	10	11	12	13	

ROMANS			1	2	3	4	5	6	7
8	9	10	11	12	13	14	15	16	

JAMES	1	2	3	4	5

1 PETER	1	2	3	4	5

### 1 CORINTHIANS

1	2	3	4	5	6	7	8	9	10		
11	12	13	14	15	16						

2 CORINTHIANS						2	3	4	5
6	7	8	9	10	11	12	13		

2 CORINTHIANS					1	2	3	4	5
6	7	8	9	10	11	12	13		

GALATIANS	1	2	3	4	5	6

3 JOHN	1	
3 JOHN	1	

JUDE

EPHESIANS	1	2	3	4	5	6

REVELATION					1	2	3	4	
									Γ

1

PHILIPPIANS	1	2	3	4

REVELATION					1	2	3	4	5
	6	7	8	9	10	11	12	13	14
	15	16	17	18	19	20	21	22	

Month 1

Health Tracker

	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Cardio														
Strength Training														
Water Intake														
Vegetables														
Fruit														
Protein														
Vitamins														
Medications														
Skin Care Routine														
Social Media < min/day														

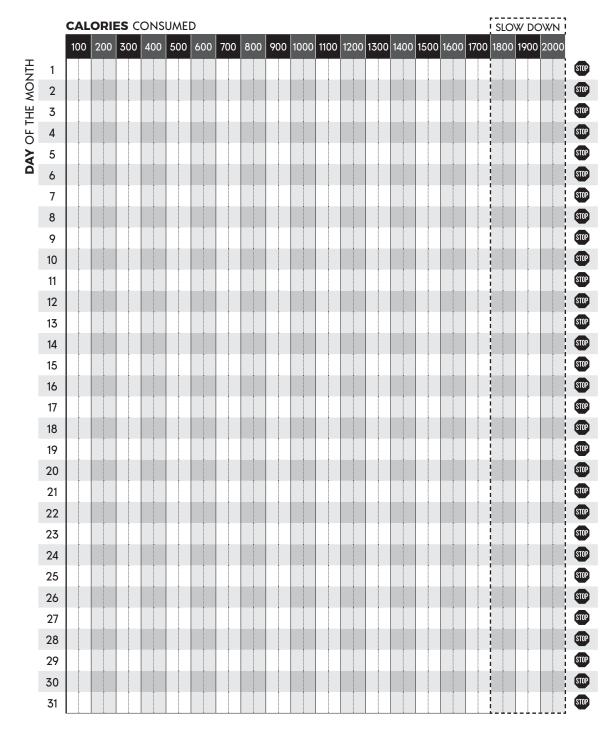
**Suggestions for the Blanks:** 15 minutes a day on a special project, walking the dog, no extra spending for the month, period tracker, no sugar, no carbs, no snacks, no desserts, 15-minute clean up, mood, relaxation (e.g., bubble bath, read a good book, meditate, go for a walk).

15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Sleep Tracker

			PM							A	М										PM				
		9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8
Ρ̈́Τ	1																								
Q V	2																								
뷔	3																								
F.T	4																								
DAY OF THE MONTH	5																								
۵	6																								
	7																								
	8																								
	9																								
	10																								
	11																								
	12																								
	13																								
	14																								
	15																								
	16																								
	17																								
	18																								
	19																								
	20																								
	21																								
	22																								
	23																								
	24																								
	25																								
	26																								
	27																								
	28																								
	29																								
	30																								
	31																								

### Calorie Tracker



Housework Tracker

	WEEK 1	l w	EEK 2	WEEK 3	WEEK	4	WEEK 5
	s M T W T	F S S M T	W T F S S	M T W T F	S S M T W	T F S S M	T W T F S
Menu Plan							
Grocery Shop							
Wash Laundry							
Fold Laundry							
Put Away Laundry							
Dust							
Vacuum/Sweep							
Empty Trash Cans							
Clean Bathrooms							
Clean Kitchen							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				W 2511205711	11101105711		
SUGGESTED ROUTINE	REST!	market day	tubs, toilets & towels	wash day	dust & vacuum	Aoor	catch-up day
							,
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MY WEEKLY							
ROUTINE							
	011117017		TUESD 11/	\\\(\(\(\)\\\\\\\\\\\\\\\\\\\\\\\\\\\\	THURSDAY.	EDID IV	0.171100.11/
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MY WEEKLY							
ROUTINE							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MY WEEKLY ROUTINE							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MY WEEKLY							
ROUTINE							

<b>\Y/</b>		v	1

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

	WEEK 2			
	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

### WFFK 3

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

	WEEK 4			
	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

### WFFK 5

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

Gratitude Tracker

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
21	
22	
23	
24	
25	

26	
27	
28	
29	
30	
31	
M	Thoughts THIS MONTH ABOUT GRATITUDE

Notes /	SPEAKER:	

M +	Tracker
floles	racker

TITLE:	SPEAKER:

flotes / rack	ker
TITLE:	SPEAKER:

M +	
floles	Tracker

TITLE:	SPEAKER:

Notes /	SPEAKER:	
	SFLAKER.	