

# Be Still

*Women Living Well*

3-MONTH HABIT TRACKER

*Start Date*



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

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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.

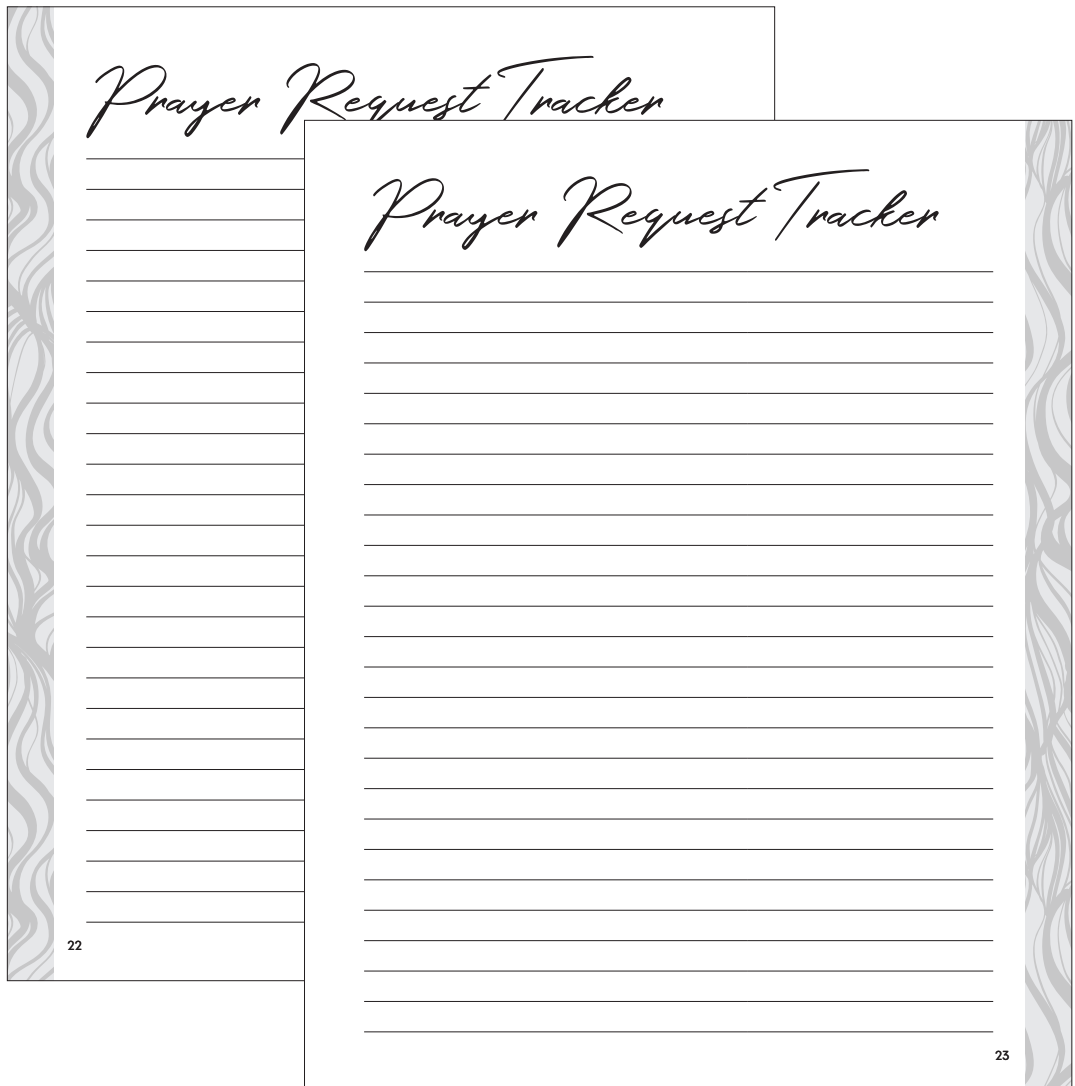
Enjoy the journey of growth and progress, and remember to give yourself grace as you live intentionally, to the glory of God!

HOW TO USE THE

# 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.





# HOW TO USE THE *Proverbs 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.

*Proverbs Tracker*

*Month 1*

	CHAPTER	✓
1	Proverbs 1	
2	Proverbs 2	
3	Proverbs 3	
4	Proverbs 4	
5	Proverbs 5	
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	

*Month 2*

	CHAPTER	✓
1	Proverbs 1	
2	Proverbs 2	
3	Proverbs 3	
4	Proverbs 4	
5	Proverbs 5	
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	

*Month 3*

	CHAPTER	✓
1	Proverbs 1	
2	Proverbs 2	
3	Proverbs 3	
4	Proverbs 4	
5	Proverbs 5	
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	

25

# HOW TO USE THE *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 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**

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			

**NUMBERS**

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	

**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
27	28	29	30	31	32	33	34		

**JOSHUA**

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

**JUDGES**

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 SAMUEL**

8	9	10
18	19	20
28	29	30

**2 SAMUEL**

8	9	10
18	19	20

**1 KINGS**

8	9	10
18	19	20

**2 KINGS**

8	9	10
18	19	20

**1 CHRONIC**

7	8	9
17	18	19
27	28	29

**2 CHRONIC**

7	8	9
17	18	19
27	28	29

**EZRA**

1	2	3
---	---	---

**NEHEMIAH**

8	9	10
---	---	----

**ESTHER**

1	2	3
---	---	---

**JEREMIAH**

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
---	---	---

**HABAKKUK**

1	2	3
---	---	---

**ZEPHANIAH**

1	2	3
---	---	---

**HAGGAI**

1	2
---	---

**ZECHARIAH**

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

**MALACHI**

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

## 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		

**MARK**

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

**LUKE**

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

**JOHN**

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

**ACTS**

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

**ROMANS**

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

**1 CORINTHIANS**

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

**2 CORINTHIANS**

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

**GALATIANS**

1	2	3	4	5	6
---	---	---	---	---	---

**EPHESIANS**

1	2	3	4	5	6
---	---	---	---	---	---

**PHILIPPIANS**

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

**COLOSSIANS**

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

**1 THESSALONIANS**

1	2	3	4	5
---	---	---	---	---

**2 THESSALONIANS**

1	2	3
---	---	---

**1 TIMOTHY**

1	2	3	4	5	6
---	---	---	---	---	---

**2 TIMOTHY**

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

**TITUS**

1	2	3
---	---	---

**PHILEMON**

1
---

**HEBREWS**

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

**JAMES**

1	2	3	4	5
---	---	---	---	---

**1 PETER**

1	2	3	4	5
---	---	---	---	---

**2 PETER**

1	2	3
---	---	---

**1 JOHN**

1	2	3	4	5
---	---	---	---	---

**2 JOHN**

1
---

**3 JOHN**

1
---

**JUDE**

1
---

**REVELATION**

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



# HOW TO USE THE *Sleep 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.

MONTH 1

## *Sleep Tracker*

DAY OF THE MONTH	PM				AM								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
1																								
2																								
3																								
4																								
5																								
6																								
7																								
8																								
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11																								
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28																								
29																								
30																								
31																								

32

# HOW TO USE THE *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.

*Calorie Tracker*

DAY OF THE MONTH	CALORIES CONSUMED																	SLOW DOWN				
	100	200	300	400	500	600	700	800	900	1000	1100	1200	1300	1400	1500	1600	1700	1800	1900	2000		
1																					STOP	
2																						STOP
3																						STOP
4																						STOP
5																						STOP
6																						STOP
7																						STOP
8																						STOP
9																						STOP
10																						STOP
11																						STOP
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26																						STOP
27																						STOP
28																						STOP
29																						STOP
30																						STOP
31																						STOP

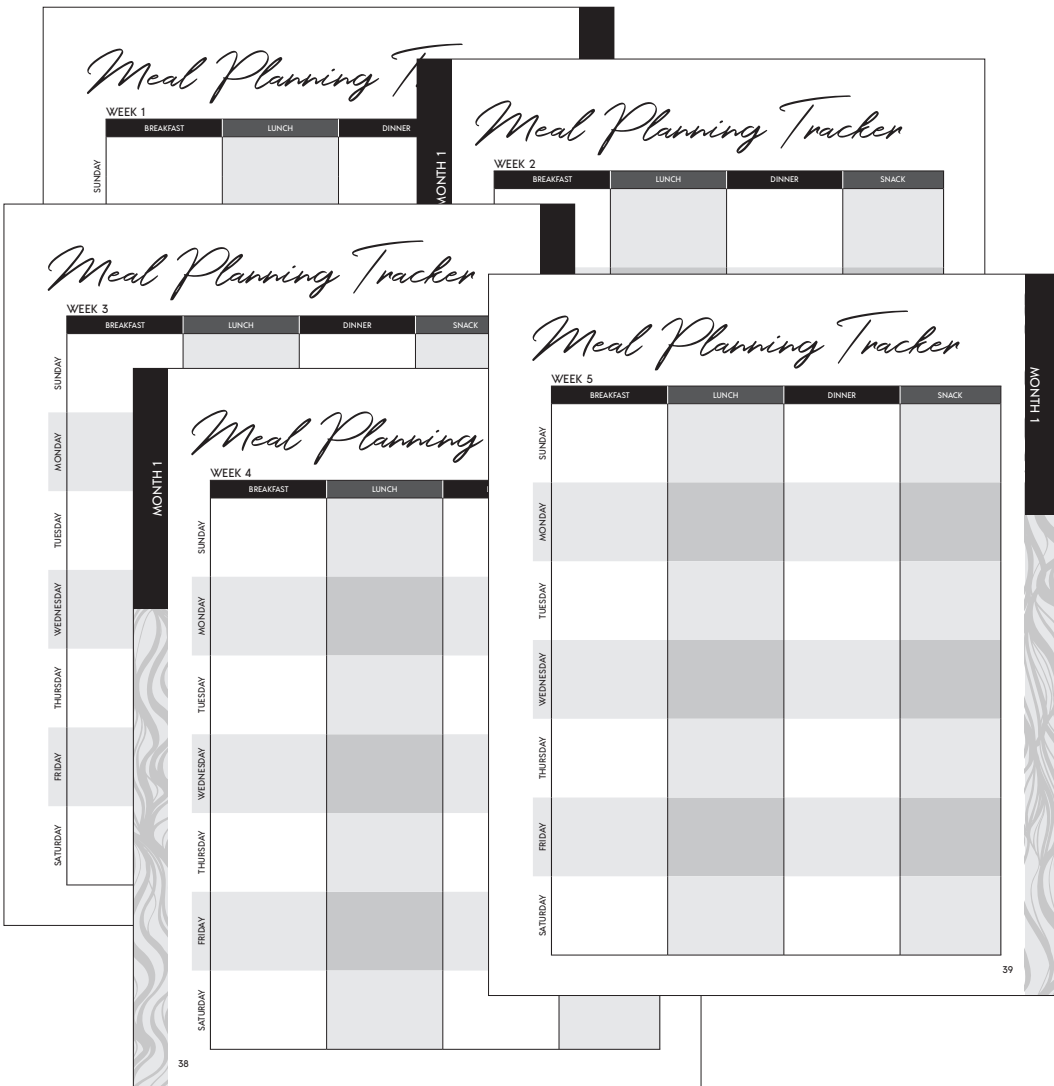
MONTH

33



# HOW TO USE THE *Meal Planning Tracker*

**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.



HOW TO USE THE

# 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.

The form is titled "Gratitude Tracker" in a cursive font. It is designed for "MONTH 1" and is split into two pages. The left page (page 40) contains a calendar grid with days 1 through 25. The right page (page 41) contains a reflection section with a header "My Thoughts THIS MONTH ABOUT GRATITUDE" and several horizontal lines for writing. The pages are decorated with a wavy pattern on the left and right sides.

1	
2	
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18	
19	
20	
21	
22	
23	
24	
25	

40

26

27

28

29

30

31

41

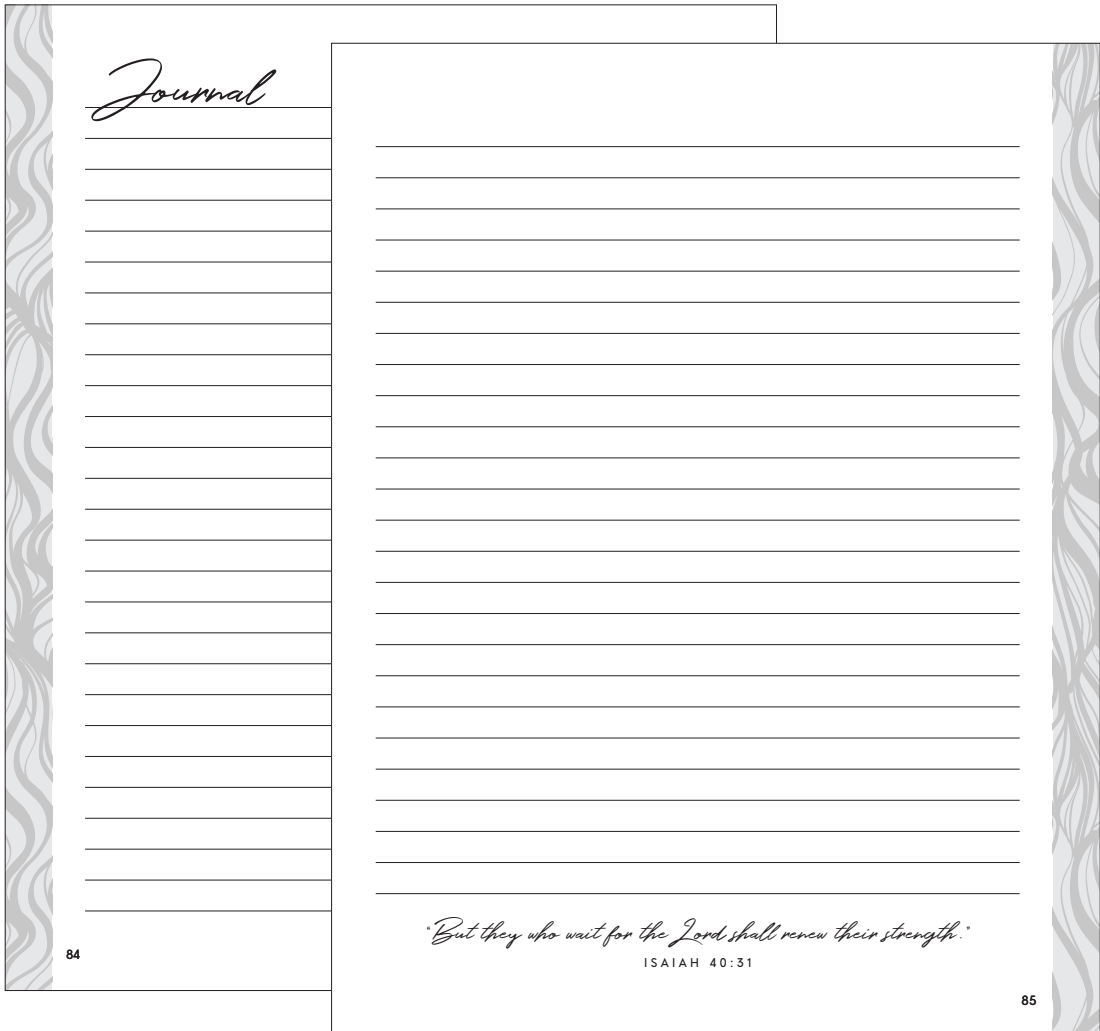




HOW TO USE THE

# 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.



## *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  
& Bible  
Reading









# Proverbs Tracker

## Month 1

	CHAPTER	✓
1	Proverbs 1	
2	Proverbs 2	
3	Proverbs 3	
4	Proverbs 4	
5	Proverbs 5	
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	

## Month 2

	CHAPTER	✓
1	Proverbs 1	
2	Proverbs 2	
3	Proverbs 3	
4	Proverbs 4	
5	Proverbs 5	
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	

## Month 3

	CHAPTER	✓
1	Proverbs 1	
2	Proverbs 2	
3	Proverbs 3	
4	Proverbs 4	
5	Proverbs 5	
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

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			

## NUMBERS

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	

## 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
27	28	29	30	31	32	33	34		

## JOSHUA

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

## JUDGES

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						
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## 1 SAMUEL

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						

## 2 SAMUEL

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 KINGS

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 CHRONICLES

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 CHRONICLES

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

1	2	3	4	5	6	7	8	9	10
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## NEHEMIAH

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

## ESTHER

1	2	3	4	5	6	7	8	9	10
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## JOB

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	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					

## ECCLESIASTES

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

## SONG OF SOLOMON

1	2	3	4	5	6	7	8		
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## 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		

JEREMIAH	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
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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
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AMOS	1	2	3	4	5	6	7	8	9
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OBADIAH	1
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JONAH	1	2	3	4
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MICAH	1	2	3	4	5	6	7
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NAHUM	1	2	3
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HABAKKUK	1	2	3
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ZEPHANIAH	1	2	3
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HAGGAI	1	2
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ZECHARIAH	1	2	3	4	5	6	
7	8	9	10	11	12	13	14

MALACHI	1	2	3	4
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# 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			

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

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

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

ACTS	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

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

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

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

GALATIANS	1	2	3	4	5	6
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EPHESIANS	1	2	3	4	5	6
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PHILIPPIANS	1	2	3	4
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COLOSSIANS	1	2	3	4
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1 THESSALONIANS	1	2	3	4	5
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2 THESSALONIANS	1	2	3
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1 TIMOTHY	1	2	3	4	5	6
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2 TIMOTHY	1	2	3	4
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TITUS	1	2	3
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PHILEMON	1
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HEBREWS	1	2	3	4	5					
6	7	8	9	10	11	12	13			

JAMES	1	2	3	4	5
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1 PETER	1	2	3	4	5
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2 PETER	1	2	3
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1 JOHN	1	2	3	4	5
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2 JOHN	1
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3 JOHN	1
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JUDE	1
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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														



# Sleep Tracker

MONTH 1

DAY OF THE MONTH	PM			AM								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
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# Meal Planning Tracker

WEEK 1

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

MONTH 1



# Meal Planning Tracker

WEEK 2

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

# Meal Planning Tracker

WEEK 3

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

MONTH 1



# Meal Planning Tracker

WEEK 4

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

# Meal Planning Tracker

WEEK 5

	BREAKFAST	LUNCH	DINNER	SNACK
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

MONTH 1



# Gratitude Tracker

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*My Thoughts* THIS MONTH ABOUT GRATITUDE

Blank lined area for writing thoughts about gratitude.









