

Let's Track It!

Days

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

Habits

COVID-19 DATA

COLOR IN THE BOX FOR EACH ACTIVITY YOU COMPLETE AS YOU COMPLETE IT.

Habits	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PRAY FOR 10 MINUTES							
READ BIBLE FOR 45 MIN.							
CHECK-IN ON A FRIEND/FAMILY.							
EDUCATIONAL READING FOR 20 MIN.							
DRINK 70 OZ OF WATER							
EXERCISE FOR 30 MINUTES							
WRITE FOR 10 MINUTES							

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