

The 31-Day Tracker

Print this. Put it somewhere annoying — fridge, mirror, the inside of your bag. Mark it the moment you do the thing, not at the end of the day.

MY ONE PRAYER

SPIRITUAL	PHYSICAL	RELATIONAL
<i>the daily reading</i>		

MY PARTNER

#		READ	SCRIP	PHYS	RELAT	PRAYED	ONE LINE — what hit me / what I ducked
1	Sat	Pr 1					
2	Sun	Pr 2					
3	Mon	Pr 3					
4	Tue	Pr 4					
5	Wed	Pr 5					
6	Thu	Pr 6					
7	Fri	Pr 7					
8	Sat	Pr 8					
9	Sun	Pr 9					
10	Mon	Pr 10					
11	Tue	Pr 11					
12	Wed	Pr 12					
13	Thu	Pr 13					
14	Fri	Pr 14					
15	Sat	Pr 15					
16	Sun	Pr 16					
17	Mon	Pr 17					
18	Tue	Pr 18					
19	Wed	Pr 19					
20	Thu	Pr 20					
21	Fri	Pr 21					
22	Sat	Pr 22					
23	Sun	Pr 23					
24	Mon	Pr 24					
25	Tue	Pr 25					
26	Wed	Pr 26					
27	Thu	Pr 27					
28	Fri	Pr 28					
29	Sat	Pr 29					
30	Sun	Pr 30					
31	Mon	Pr 31					

Missed a day? Proverbs 24:16 — the godly may trip seven times, but they will get up again. Don't double up to catch up. Just start again tomorrow.

The Prayer Log

Five Sundays, one page. This is the page you read on August 30 when you're looking for what God said more than once.

SUNDAY, AUGUST 2 *week one · wisdom*

Days hit all three: ___ / 7

SUNDAY, AUGUST 9 *week two · the body*

Days hit all three: ___ / 7

SUNDAY, AUGUST 16 *week three · the heart*

Days hit all three: ___ / 7

SUNDAY, AUGUST 23 *week four · the circle*

Days hit all three: ___ / 7

SUNDAY, AUGUST 30 *the close · what did God say more than once?*

Days hit all three: ___ / 7

AUGUST 31 · THE ANSWER

YES

NO

NOT YET

STILL ASKING

AUGUST 31 · THE FOUNDATION *day · time · place · person*