

MONTH

Year

TARGET Goal Weight

TARGET Goal Date

This Month	1 st Day	Last Day
Weight		
BMI		
W-H Ratio		

NEW HABIT I will practice this month

DAYS I PRACTICED new habit

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							

THEME for the Year (if applicable for you)

THEME FOCUS this Month

FOCUS SCRIPTURE this month

SUCCESES this month

Spiritual	
Physical	
Mental	

CHALLENGES this month

Spiritual	
Physical	
Mental	

BREAKTHROUGHS this month



MONTH**Year**

Current	Current
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TARGET Goal Weight**TARGET Goal Date**

Your final goal weight	Date you will achieve your goal
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This Month	1 st Day	Last Day
Weight		
BMI		
W-H Ratio		

NEW HABIT I will practice this month

Each month, you will be practicing a new habit. This habit will be based on what God has revealed to you in the previous month. It's always about progress, not perfection. Each month you will practice a new habit until you're able to master it for at least 21 days. If you were not able to practice the habit for 21 days, then restart it again in the next month.

DAYS I PRACTICED new habit

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							

THEME for the Year (if applicable for you)

This is the theme you chose if you were with us in January. It was based on what area of our life we felt God was calling us to develop. If you don't have a theme, you can bypass this box; or, you can learn more about choosing a theme here: [The Power of Purpose](#).

THEME FOCUS this Month

If you chose a theme, it will need to be broken down into manageable, bit-sized pieces. This is what will keep us from getting overwhelmed. You will know when you spend time with God and listen for His guidance and direction.

FOCUS SCRIPTURE this month

Select a scripture that you will use to help you maintain your focus for the month. It can be related to the new principle you are learning, the new habit you are practicing, or whatever scripture the Holy Spirit lays on your heart.

SUCSESSES this month

Spiritual	What new truth have you learned? What new habit have you developed? What were you able to accomplish in the Lord's strength?
Physical	What new habit or skill did you practice? What new activity did you try? What new food or recipe did you try? What were you able to give up?
Mental	In what areas are you experiencing new levels of peace? What new thoughts are developing? What old thoughts are disappearing?

CHALLENGES this month

Spiritual	Where do you feel stuck in your faith?
Physical	What habit did you stop practicing? What faulty patterns did you revert back to?
Mental	Where did you feel stuck? What lie were you believing?

BREAKTHROUGHS this month

This is where you will record a shift in your awareness. Record a deep insight that the Holy Spirit has revealed to you that you know will permanently change your life. It could be a principle, a scripture, or a new understanding of yourself.

