wholeHARD45

Daily Routine Check List

Day	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
PB&J 30 minutes																																														
Exercise or Walk 30 minutes																																														
A Random Act of Kindness																																														
No Alcohol																																														
No Junk Food																																														
Read 3 Pages of a Non-Fiction Book																																													
Watch an EmpowerU Episode																																														
Pray Out Loud with your Spouse																																														
Communicate with Bloodstained Ally																																														
Sexual Purity. No Porn.																																														

Challenge Explained

SCAN ME

EmpowerU Videos

SCAN ME

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