

month \_\_\_\_\_

year \_\_\_\_\_

ACCOUNTABILITY

living  
+  
active

WWW.CLARESMITH.ME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MEET WEEKLY GOAL?
{START!}								EXERCISE: _____ SCRIPTURE _____
{CHECKPOINT #1}								EXERCISE _____ SCRIPTURE _____
{CHECKPOINT #2}								EXERCISE _____ SCRIPTURE _____
{CHECKPOINT #3}								EXERCISE _____ SCRIPTURE _____
{CHECKPOINT #4}								EXERCISE _____ SCRIPTURE _____
{CHECKPOINT #5}								

To be entered for a chance to win prize package:  
 - Exercise 4x per week (25 minutes)  
 - Memorize Weekly "Soul Food"