

My Point Log Week of _____

Mark items DAILY that you have accomplished. You may wish to write in an abbreviation for Christian Ed events by the day. This is your log to mark your progress and know how to total at the end of the week based on the number of days you completed a given discipline.

Exercise	Devotions	Sleep	Worship	Beginner Fruits/veg	Strength training	Christian Education	Invite friend

Advanced Fruits/veg	Witness	Habits	Prayer	Portion control	Stretching	Water consumption	Weigh/ Meas.

Total Points: _____

_____ cut here _____ (Turn in Weekly) _____

Total Point Register

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Name: _____

Date: _____ Week of Journey: _____

Total Points: _____