



SUMMER HABIT TRACKER

CULTIVATING CONSISTENCY IN CONNECTING WITH GOD

NAME:

WEEK:

AUGUST 2-8

DATE:

S

M

T

W

TH

F

S

DT

PRAYER

JOURNAL

Write 2 more habits
you want to practice!

BONUS CHALLENGES:
(2 CHECKS/CHALLENGE)

TOTAL CHECKS:



CALL/TEXT A FRIEND AND
AS THEM TO KEEP YOU
ACCOUNTABLE!



START YOUR DAY WITH DT!
(DO DT BEFORE LOOKING AT
YOUR PHONE)



PRAY FOR A FAMILY
MEMBER



PRAY FOR AT LEAST 110
MINUTES UNINTERRUPTED