

HERD 90

110 DAY PLAN

WEEK 1 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
1	MATTHEW 1-3									
2	MATTHEW 4-6									
3	MATTHEW 7-9									
4	MATTHEW 10-12									
5	MATTHEW 13-14									
6	MATTHEW 15-16									
7	MATTHEW 17-19									



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WEEK 2 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
8	MATTHEW 20-22									
9	MATTHEW 23-24									
10	MATTHEW 25-26									
11	MATTHEW 27-28									
12	MARK 1-2									
13	MARK 3-5									
14	MARK 6-7									



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WEEK 3 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
15	MARK 8-9									
16	MARK 10-11									
17	MARK 12-13									
18	MARK 14-16									
19	LUKE 1-2									
20	LUKE 3-4									
21	LUKE 5-6									



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WEEK 4 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
22	LUKE 7-8									
23	LUKE 9-10									
24	LUKE 11-12									
25	LUKE 13-14									
26	LUKE 15-16									
27	LUKE 17-18									
28	LUKE 19-20									



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WEEK 5 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
29	LUKE 21-22									
30	LUKE 23-24									
31	JOHN 1-2									
32	JOHN 3-4									
33	JOHN 5-6									
34	JOHN 7-8									
35	JOHN 9-10									



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WEEK 6 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
36	JOHN 11-12									
37	JOHN 13-14									
38	JOHN 15-16									
39	JOHN 17-18									
40	JOHN 19-21									
41	ACTS 1-2									
42	ACTS 3-4									



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WEEK 7 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
43	ACTS 5-6									
44	ACTS 7-8									
45	ACTS 9-10									
46	ACTS 11-12									
47	ACTS 13-14									
48	ACTS 15-16									
49	ACTS 17-18									



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WEEK 8 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
50	ACTS 19-20									
51	ACTS 21-22									
52	ACTS 23-24									
53	ACTS 25-26									
54	ACTS 27-28									
55	ROMANS 1-3									
56	ROMANS 4-6									



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WEEK 9 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
57	ROMANS 7-8									
58	ROMANS 9-10									
59	ROMANS 11-12									
60	ROMANS 13-14									
61	ROMANS 15-16									
62	1 CORINTHIANS 1-3									
63	1 CORINTHIANS 4-6									



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WEEK 10 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
64	1 CORINTHIANS 7-8									
65	1 CORINTHIANS 9-11									
66	1 CORINTHIANS 12-13									
67	1 CORINTHIANS 14-16									
68	2 CORINTHIANS 1-3									
69	2 CORINTHIANS 4-6									
70	2 CORINTHIANS 7-9									



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WEEK 11 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
71	2 CORINTHIANS 10-13									
72	GALATIANS 1-3									
73	GALATIANS 4-6									
74	EPHESIANS 1-3									
75	EPHESIANS 4-6									
76	PHILIPPIANS 1-4									
77	COLOSSIANS 1-4									



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WEEK 12 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
78	1 THESSALONIANS 1-5									
79	2 THESSALONIANS 1-3									
80	1 TIMOTHY 1-3									
81	1 TIMOTHY 4-6									
82	2 TIMOTHY 1-4									
83	TITUS 1-3									
84	PHILEMON 1									



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WEEK 13 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
85	HEBREWS 1-3									
86	HEBREWS 4-6									
87	HEBREWS 7-9									
88	HEBREWS 10-13									
89	JAMES 1-3									
90	JAMES 4-5									
91	1 PETER 1-3									



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WEEK 14 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
92	1 PETER 4-5									
93	2 PETER 1-3									
94	1 JOHN 1-3									
95	1 JOHN 4-5									
96	2 JOHN, 3 JOHN									
97	JUDE 1									
98	REVELATION 1-2									



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WEEK 15 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
99	REVELATION 3-4									
100	REVELATION 5-6									
101	REVELATION 7-8									
102	REVELATION 9-10									
103	REVELATION 11-12									
104	REVELATION 13-14									
105	REVELATION 15-16									



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WEEK 16 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
106	REVELATION 17-18									
107	REVELATION 19-20									
108	REVELATION 21-22									
109	REFLECT/CATCH UP									
110	REFLECT/CATCH UP									
COMPLETION										

