



NINE DISCIPLINES EVERY DAY FOR 90 DAYS.

1/9	1/10	1/11	1/12	1/13	1/14	1/15	1/16	1/17
1/18	1/19	1/20	1/21	1/22	1/23	1/24	1/25	1/26
1/27	1/28	1/29	1/30	1/31	2/1	2/2	2/3	2/4
2/5	2/6	2/7	2/8	2/9	2/10	2/11	2/12	2/13
2/14	2/15	2/16	2/17	2/18	2/19	2/20	2/21	2/22
2/23	2/24	2/25	2/26	2/27	2/28	3/1	3/2	3/3
3/3	3/4	3/5	3/6	3/7	3/8	3/9	3/10	3/11
3/13	3/14	3/15	3/16	3/17	3/18	3/19	3/20	3/21
3/22	3/23	3/24	3/25	3/26	3/27	3/28	3/29	3/30
3/31	4/1	4/2	4/3	4/4	4/5	4/6	4/7	4/8

Daily Requirements:

- 1) 45 minute workout
- 2) 45 minute outdoor workout
- 3) Drink 1 gallon of water
- 4) Read 1 chapter of Proverbs
- 5) No Alcohol
- 6) Stick to a diet of your choice
- 7) Keep a prayer journal
- 8) Do one act of kindness for someone
- 9) Take a progress photo

**If you miss a day,
start over.**



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Ch 1	Ch 2	Ch 3	Ch 4	Ch 5	Ch 6	Ch 7	Ch 8	Ch 9
Ch 10	Ch 11	Ch 12	Ch 13	Ch 14	Ch 15	Ch 16	Ch 17	Ch 18
Ch 19	Ch 20	Ch 21	Ch 22	Ch 23	Ch 24	Ch 25	Ch 26	Ch 27
Ch 28	Ch 29	Ch 30	Ch 31	Ch 1	Ch 2	Ch 3	Ch 4	Ch 5
Ch 6	Ch 7	Ch 8	Ch 9	Ch 10	Ch 11	Ch 12	Ch 13	Ch 14
Ch 15	Ch 16	Ch 17	Ch 18	Ch 19	Ch 20	Ch 21	Ch 22	Ch 23
Ch 24	Ch 25	Ch 26	Ch 27	Ch 28	Ch 29	Ch 30	Ch 31	Ch 1
Ch 2	Ch 3	Ch 4	Ch 5	Ch 6	Ch 7	Ch 8	Ch 9	Ch 10
Ch 11	Ch 12	Ch 13	Ch 14	Ch 15	Ch 16	Ch 17	Ch 18	Ch 19
Ch 20	Ch 21	Ch 22	Ch 23	Ch 24	Ch 25	Ch 26	Ch 27	Ch 28

Reading Plan:

- 1) Read one chapter of Proverbs every day
- 2) Write one truth that stands out to you
- 3) **BONUS** - Share that truth on the Herd 90 group page

Prayer Journal:

- 1) Write one thing you are thankful for
- 2) Write one thing you are worried about
- 3) Write one thing you need help with because you can't do it on your own.