

HERD 90

90 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									
2	MATTHEW 2									
3	MATTHEW 3									
4	MATTHEW 4									
5	MATTHEW 5									
6	MATTHEW 6									
7	MATTHEW 7									



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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 8									
9	MATTHEW 9									
10	MATTHEW 10									
11	MATTHEW 11									
12	MATTHEW 12									
13	MATTHEW 13									
14	MATTHEW 14									



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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	MATTHEW 15									
16	MATTHEW 16									
17	MATTHEW 17									
18	MATTHEW 18									
19	MATTHEW 19									
20	MATTHEW 20									
21	MATTHEW 21									



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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	MATTHEW 22									
23	MATTHEW 23									
24	MATTHEW 24									
25	MATTHEW 25									
26	MATTHEW 26									
27	MATTHEW 27									
28	MATTHEW 28									



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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	MARK 1									
30	MARK 2									
31	MARK 3									
32	MARK 4									
33	MARK 5									
34	MARK 6									
35	MARK 7									



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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	MARK 8									
37	MARK 9									
38	MARK 10									
39	MARK 11									
40	MARK 12									
41	MARK 13									
42	MARK 14									



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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	MARK 15									
44	MARK 16									
45	LUKE 1									
46	LUKE 2									
47	LUKE 3									
48	LUKE 4									
49	LUKE 5									



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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	LUKE 6									
51	LUKE 7									
52	LUKE 8									
53	LUKE 9									
54	LUKE 10									
55	LUKE 11									
56	LUKE 12									



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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	LUKE 13									
58	LUKE 14									
59	LUKE 15									
60	LUKE 16									
61	LUKE 17									
62	LUKE 18									
63	LUKE 19									



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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	LUKE 20									
65	LUKE 21									
66	LUKE 22									
67	LUKE 23									
68	LUKE 24									
69	JOHN 1									
70	JOHN 2									



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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	JOHN 3									
72	JOHN 4									
73	JOHN 5									
74	JOHN 6									
75	JOHN 7									
76	JOHN 8									
77	JOHN 9									



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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	JOHN 10									
79	JOHN 11									
80	JOHN 12									
81	JOHN 13									
82	JOHN 14									
83	JOHN 15									
84	JOHN 16									



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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	JOHN 17									
86	JOHN 18									
87	JOHN 19									
88	JOHN 20									
89	JOHN 21									
90	REFLECT/CATCH UP									
COMPLETION										

