

MARY'S BOOKS PRESENTS

March Into Wholeness Challenge

Master Your Mind; Move Your Body

31-Day Scripture & Steps Tracking Sheet

Daily Goals:

1. Memorize a scripture passage relevant to your season.
2. Walk / Jog / Run at least 5,000 steps.

Day	Scripture Memorized	Steps Completed (5,000)	Reflection / Notes
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			
Day 21			
Day 22			

Day 23			
Day 24			
Day 25			
Day 26			
Day 27			
Day 28			
Day 29			
Day 30			
Day 31			

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