

Date	Discipline of Body					Discipline of Mind				Discipline of Heart				Discipline of Soul			
	No Hot Showers DAILY	No Alcohol DAILY	No Soda DAILY	No Sweet Drinks DAILY	Exercise 4x a WEEK	NO TV or MOVIES DAILY	NO Social Media DAILY	FAST Solid Food Once/WEEK	Fr Sy Classes	NO CUSS DAILY	No Complaints DAILY	No Negative Talk DAILY	+ Music DAILY	40 minutes Silent Prayer DAILY	Examine Self DAILY	Say Rosary DAILY	Visit Chapel 4x per WEEK
2/20																	
2/21																	
2/22																	
2/23																	
2/24									St Paul @ 10am								
2/25																	
2/26																	
2/27																	
2/28																	
3/1																	
3/2																	
3/3									St Paul @ 10am								
3/4																	
3/5																	
3/6																	
3/7																	
3/8																	
3/9																	
3/10																	
3/11																	
3/12																	
3/13																	
3/14																	
3/15																	
3/16																	
3/17									St Cecilia @ 10am								
3/18																	
3/19																	
3/20																	
3/21																	
3/22																	
3/23																	
3/24									St Paul @ 10am								
3/25																	
3/26																	
3/27																	
3/28																	
3/29																	
3/30																	
3/31																	

WE DID IT! REMEMBER THAT 39 OTHER MEN DID THIS WITH YOU! YOU WERE NEVER ALONE! YOU CAN DO ANYTHING! WE STAND SIDE BY SIDE ALL ALONG THE WAY! GOD IS GOOD!