Forty-For-Forty Personal Tracker

		Feb									March																										
		20	21	22	23	24	25	26	27	28	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Body	No hot showers																																								
	No alcohol																																								
	No soda or sweetened drinks																																								
	Exercise FOUR times per week																																								
Mind	No TV or movies																																								
	No social media																																								
	Fast from solid food ONCE a week																																								
	4 weekly studies with Fr. Sy	---	---	---	---	**1**	---	---	---	---	---	---	**2**	---	---	---	---	---	---	---	---	---	---	---	---	---	**3**	---	---	---	---	---	---	**4**	---	---	---	---	---	---	---
Heart	No bad language																																								
	No complaints																																								
	No obscene jokes or conversations																																								
	Only music that lifts the soul to God																																								
Soul	40 minutes of silent prayer each day																																								
	Nightly examination of conscience																																								
	Daily rosary																																								
	FOUR visits to the Blessed Sacrament each week																																								
Additional, Optional, Personal																																								