

Quiet Time TRACKER

MONTH:

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HOW MANY DAYS DID YOU MISS?

DID YOU STAY MORE CONSISTENT AFTER MISSING A DAY?

Do not beat yourself up if you missed a day or two. The goal is not to have all the boxes checked at the end of the month. The goal is to make time to spend with the Lord. This may consist of adjusting your schedule or having shorter quiet times on the weekends. Tracking your quiet time is simply to help you figure out any issues that keep you from spending that much needed quality time with the Lord.