

| DATE | BIBLE READING | PRAYER TIME | EXERCISE | CALORIES | FAITH IN ACTION |
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| DATE | BIBLE READING | PRAYER TIME | EXERCISE | CALORIES | FAITH IN ACTION |
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| DATE | BIBLE READING | PRAYER TIME | EXERCISE | CALORIES | FAITH IN ACTION |
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MY

HEARTCHECK



This is a booklet to be given to the attendees, printed on the front and back and small enough to fit in most people's Bibles. I developed one similar to this so that my husband and I can keep up with our Bible reading each year. It has space enough for notes and prayer lists and fits in our Bible. (It's too long of a story to go into detail about.)