



# Tracking My Aims for



*The boundary lines have fallen to me in pleasant places.*  
Psalm 16:6

	SPIRITUAL	PHYSICAL
<b>FOOD...</b> how I will nourish	<p>I commit to <b>NOURISHING MY SPIRIT</b> each day of this month's 23 days by...</p> <hr/> <p>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23</p>	<p>I commit to <b>NOURISHING MY BODY</b> each day of this month's 23 days by...</p> <hr/> <p>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23</p>
<b>FITNESS...</b> how I will move	<p>I commit to <b>MOVING MY SPIRIT</b> each day of this month's 23 days by...</p> <hr/> <p>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23</p>	<p>I commit to <b>MOVING MY BODY</b> each day of this month's 23 days by...</p> <hr/> <p>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23</p>
<b>FUNCTION</b> something I will accomplish	<p>I commit to <b>FUNCTIONING THROUGH MY SPIRIT</b> each day of this month's 23 days by...</p> <hr/> <p>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23</p>	<p>I commit to <b>FUNCTIONING THROUGH MY BODY</b> each day of this month's 23 days by...</p> <hr/> <p>1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23</p>

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