



# Steps of Faith: Nazareth to Cana Challenge

DAY (CIRCLE) 1 2 3 4 5 6 7

GOAL: \_\_\_\_\_/7,150 STEPS

## VERSE OF THE DAY

### CONNECTION

IN WHAT WAYS DID YOU FEEL GOD'S PRESENCE DURING YOUR WALK TODAY?

Blank space for writing connection notes.

### GRATITUDE

WHAT BLESSINGS OR MOMENTS OF GRATITUDE STOOD OUT TO YOU TODAY?

Blank space for writing gratitude notes.

### PRAISES & PRAYERS

Blank space for writing praises and prayers.

### TRACKING

HOW DO THESE FACTORS SHAPE YOUR PHYSICAL AND SPIRITUAL JOURNEY?

#### WEATHER



#### MOOD



#### WATER INTAKE



### NUTRITION

HOW DID YOUR FOOD CHOICES TODAY NOURISH BOTH YOUR BODY AND YOUR SPIRIT?

#### BREAKFAST

○ \_\_\_\_\_

#### LUNCH

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#### SNACK

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#### DINNER

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#### KEY:

> GOOD CHOICE =OKAY < NEEDS IMPROVEMENT

### ACCOUNTABILITY

HOW CAN YOU HOLD YOURSELF ACCOUNTABLE TODAY, AND WHO CAN YOU SHARE YOUR PROGRESS WITH TO STAY ENCOURAGED?

Blank space for writing accountability notes.