



Chapter 3: Rooted in Belief

DAILY HABITS TRACKER

INSTRUCTIONS: This tracker helps you cultivate and maintain daily spiritual disciplines, including prayer, scripture reading, and acts of service. Use it to reflect on your progress and stay motivated in your faith journey.

Please ensure your responses fit within the text box provided.

1. Weekly Overview. Tracking for one week can be your first step towards building a rewarding habit.

Date	Prayer (Time or Focus)	Scripture Reading (Passage/Topic)	Acts of Service (What/Who)	Reflection (1 Sentence)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

2. Weekly Summary Reflection

What habits were easiest to maintain?

What habits were most challenging? Why?

What have you learned about your faith through these practices?

What goals will you set for next week?

3. Optional Features for Customization

- Habit Streaks: Add checkboxes or icons for each day to visualize consistency.
Example: ✓ for completed habits or ↑ for extra effort.
- Focus Areas: Include sections for fasting, gratitude, or worship if desired.
- Accountability: Add a column for sharing updates with an accountability partner.