

Spiritual Diet Tracker

"Walk by the Spirit" (Galatians 5:16)

Week of

Daily Assessment	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
How did I feed my flesh today?							
How did I feed my soul today?							
How did I feed others today?							

Weekly Summary

What is 1 thing that went well this week and 1 thing that you want to improve?
Pick 1 improvement theme and **train** it!
Create a SMART goal and track it.

Spiritual SMART Goal Development

Intention	Specific	Measurable	Attainable	Relevant	Time Based
What do you want to achieve? What do you want to <i>train</i> ?	Who? What? Why? Where?	How much? How often? How many?	Is your goal achievable (realistic)?	Is your goal relevant to your ultimate aim or vision?	When?

Spiritual Goal Tracking

Week of

"He who began a good work in you will carry it on to completion" (Philippians 1:6)

Completion Tracking							
Goals	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Weekly Summary

At the end of the week, summarize how well you did at achieving your spiritual goal(s).
What adjustments do you need to make to your spiritual SMART goal design?