

## Filling Out Your Chart-----

Write a SMART (Specific, Measurable, Attainable, Relevant, Timely) Goal this month , fill chart with things that will help you meet your Spiritual goal. Then chart your progress in your journal.

### Warmup/Cooldown Ideas - 5 Minute Miracles that Increase Spirituality

Activity	Time	Sets	Intensity	Notes
Personal Prayer, Meditate, Clean Hot spots, Prepare, Story-time, Personal Scripture Study,	Amount of time	How Often	High, Med., Low	Personal thoughts or encouragement

### Cardio - How we can Increase our Joy (Heart Rate) in Daily Service

Exercises	Sets	Time	Rest	Increase Heart Rate (joy) by
Cleaning	6/day	15 min	15 min	Doing it in short spurts
Cooking	1-3/day	30 min	2 hrs	Trying new Recipes
Help/Visit Family				Do something Fun
Magnify Calling	3/wk	1 hour	-	Finding your niche
FHE	1/wk	30 +	6 days	Delegating
Scouts/Pers. Prog				Getting Involved

### Spiritual Strength - How we can Fill our Cups and Grow Stronger

Exercises	Sets	Time	Notes
Bearing Testimony	1/Mon.	-	
Going to the Temple	1/Mon	2+ hrs	
Renewing Covenants	1/Wk	-	
Family Prayer	2/day	5+ Min	
Family Scripture Study	1/day	5+ Min	

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SPIRITUAL WORKOUT CHART

I have felt that there has never been a greater need for increased faith and personal righteousness. There has never been a greater need for strong families and homes." - Julie Beck
 Spiritual Goal:

Month/Yr

Warmup - Morning Routine 5 Minute Miracles
 

Activity	Time	Sets	Intensity	Notes

Cardio - Increase your heart rate by finding more joy in daily Service
 

Exercises	Sets	Time	Rest	Increase Heart Rate by

Spiritual Strength -Fill Your Cup with Living Water
 

Exercises	Sets	Time	Notes

Cooldown - Night-Time Routine 5 Minute Miracles
 

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## Living Water

*"Jesus answered and said unto her, Whosoever drinketh of this water shall thirst again: But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life." John 4:13-14*



**Spiritual Nutrition - The Body is a Temple. You get out of it what you put into it.**

*Drink water, the benefits are amazing. Fill your mind with good wholesome media: uplifting music, good books and inspiring movies. Exercise positive thinking and maintain pure thoughts. Follow the Word of Wisdom when it comes to what you put into your body.*

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