

Commitment:

Results/Observations:

	Relationship with God	Physical Time	Work Time	Study Time	Relationships with Family and Friends
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Suggestions for Doing, Reading, Watching, Listening, Writing, Playing, Becoming	Scriptures; LDS Magazine, Video, Talks; Index; Faith in God/Personal Progress; Journal; FamHistry/Temple	Walk, Run, Bike, Swim, Weights, Stretch, Soccer, Volley/Basket/Baseball, Yoga, Tennis, Skate, Bgym	Chores, Room, Animals, Lawn, Trim, Dust, Vacuum, Mirrors, Cupboards, Weed, Laundry, Meal Prep, Tidy	Books, Math, Experiment, Audiobook, Documentary, Music, Art, Maps, Games, Write, Timeline, Create	Play, Games/Sports, Build, Write a note, Listen, Share, Walk, Talk, Create, Make, Serve, Cheer, E-mail/FB