

POWER DAILY JOURNAL

ADD 10 YEARS TO YOUR LIFE!

THIS JOURNAL BELONGS TO:









Join The Power Routine Group

<https://shorturl.at/SPc2w>

JANUARY 4 - 10

WAKE UP

AM	S	M	T	W	T	F	S
4 - 5	☐	☐	☐	☐	☐	☐	☐
5 - 6	☐	☐	☐	☐	☐	☐	☐
6 - 7	☐	☐	☐	☐	☐	☐	☐
8 - 9	☐	☐	☐	☐	☐	☐	☐

Isaiah 60:1 ESV
Arise, shine, for your light has come,
and the glory of the Lord has risen upon you.

PRAYER

Mins	S	M	T	W	T	F	S
1 - 5	☐	☐	☐	☐	☐	☐	☐
6 - 10	☐	☐	☐	☐	☐	☐	☐
11 or More	☐	☐	☐	☐	☐	☐	☐
None	☐	☐	☐	☐	☐	☐	☐

Philippians 4:6 ESV
Do not be anxious about anything,
but in everything by prayer and supplication
with thanksgiving let your
requests be made known to God.

EATING

Meals	S	M	T	W	T	F	S
Fruits + Vegetable	☐	☐	☐	☐	☐	☐	☐
Carbs + Protein	☐	☐	☐	☐	☐	☐	☐
Carbs + Protein	☐	☐	☐	☐	☐	☐	☐
Fruits + Vegetable	☐	☐	☐	☐	☐	☐	☐
Fasting (Water Only)	☐	☐	☐	☐	☐	☐	☐

MOOD TRACKER

	S	M	T	W	T	F	S
Grateful 😊	☐	☐	☐	☐	☐	☐	☐
Just Ok 😐	☐	☐	☐	☐	☐	☐	☐
Depressed ☹️	☐	☐	☐	☐	☐	☐	☐

SLEEP

PM	S	M	T	W	T	F	S
06 - 8	☐	☐	☐	☐	☐	☐	☐
08 - 10	☐	☐	☐	☐	☐	☐	☐
10 - 12	☐	☐	☐	☐	☐	☐	☐
12 - 2am	☐	☐	☐	☐	☐	☐	☐

Psalms 4:8 KJV
I will both lay me down in peace, and sleep:
for thou, LORD, only makest me dwell in safety.

EXERCISE

Mins	S	M	T	W	T	F	S
1 - 5	☐	☐	☐	☐	☐	☐	☐
6 - 10	☐	☐	☐	☐	☐	☐	☐
11 or More	☐	☐	☐	☐	☐	☐	☐
None	☐	☐	☐	☐	☐	☐	☐

Hebrews 12:12 KJV
Wherefore lift up the hands which hang down,
and the feeble knees;



Note to Self

TOP 5 THINGS I NEED TO DO

	Done	Not Done	
1. _____	☐	☐	_____
2. _____	☐	☐	_____
3. _____	☐	☐	_____
4. _____	☐	☐	_____
5. _____	☐	☐	_____

NOTES



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