

ANCHORED MAN SHRED



DAILY

- ✦ TEXT LIFE JOURNAL TO A FRIEND
- ✦ PRAYER WALK
- ✦ EXERCISE 30 MIN

MONTHLY

- ✦ FAST ONE DAY
- ✦ ACT OF SERVICE
- ✦ ACT OF GENEROSITY
- ✦ TITHE

PHASE 2

- ✦ NO SUGAR OR ALCOHOL
- ✦ CHURCHWIDE PRAYER AND FASTING



✦ PHASE ONE ✦

11/16 □ READ JOHN 1 - PROVERBS 1 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ TITHE	11/17 □ READ JOHN 2 - PROVERBS 2 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	11/18 □ READ JOHN 3 - PROVERBS 3 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	11/19 □ READ JOHN 4 - PROVERBS 4 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	11/20 □ READ JOHN 5 - PROVERBS 5 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	11/21 □ READ JOHN 6 - PROVERBS 6 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	11/22 □ READ JOHN 7 - PROVERBS 7 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____
11/23 □ READ JOHN 8 - PROVERBS 8 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	11/24 □ READ JOHN 9 - PROVERBS 9 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	11/25 □ READ JOHN 10 - PROVERBS 10 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	11/26 □ READ JOHN 11 - PROVERBS 11 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	11/27 □ READ JOHN 12 - PROVERBS 12 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	11/28 □ READ JOHN 13 - PROVERBS 13 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	11/29 □ READ JOHN 14 - PROVERBS 14 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____
11/30 □ READ JOHN 15 - PROVERBS 15 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/1 □ READ JOHN 16 - PROVERBS 16 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ TITHE	12/2 □ READ JOHN 17 - PROVERBS 17 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/3 □ READ JOHN 18 - PROVERBS 18 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/4 □ READ JOHN 19 - PROVERBS 19 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/5 □ READ JOHN 20 - PROVERBS 20 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/6 □ READ JOHN 21 - PROVERBS 21 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____
12/7 □ READ 1 TIMOTHY 1 - PROVERBS 22 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/8 □ READ 1 TIMOTHY 2 - PROVERBS 23 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/9 □ READ 1 TIMOTHY 3 - PROVERBS 24 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/10 □ READ 1 TIMOTHY 4 - PROVERBS 25 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/11 □ READ 1 TIMOTHY 5 - PROVERBS 26 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/12 □ READ 1 TIMOTHY 6 - PROVERBS 27 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/13 □ READ 2 TIMOTHY 1 - PROVERBS 28 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____
12/14 □ READ 2 TIMOTHY 2 - PROVERBS 29 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/15 □ READ 2 TIMOTHY 3 - PROVERBS 30 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/16 □ READ 2 TIMOTHY 4 - PROVERBS 31 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/17 □ READ JAMES 1 - PSALMS 1 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/18 □ READ JAMES 2 - PSALMS 2 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/19 □ READ JAMES 3 - PSALMS 3 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/20 □ READ JAMES 4 - PSALMS 4 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____
12/21 □ READ JAMES 5 - PSALMS 5 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/22 □ READ PHILIPPIANS 1 - PSALMS 6 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/23 □ READ PHILIPPIANS 2 - PSALMS 7 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/24 □ READ PHILIPPIANS 3 - PSALMS 8 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/25 □ READ PHILIPPIANS 4 - PSALMS 9 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/26 □ READ ROMANS 1 - PSALMS 10 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/27 □ READ ROMANS 2 - PSALMS 11 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____
12/28 □ READ ROMANS 3 - PSALMS 12 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/29 □ READ ROMANS 4 - PSALMS 13 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/30 □ READ ROMANS 5 - PSALMS 14 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	12/31 □ READ ROMANS 6 - PSALMS 15 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____			

✦ PHASE TWO ✦

1/1 □ READ ROMANS 7 - PSALMS 16 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ TITHE	1/2 □ READ ROMANS 8 - PSALMS 17 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/3 □ READ ROMANS 9 - PSALMS 18 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/4 □ READ ROMANS 10 - PSALMS 19 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/5 □ READ ROMANS 11 - PSALMS 20 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/6 □ READ ROMANS 12 - PSALMS 21 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/7 □ READ ROMANS 13 - PSALMS 22 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____
1/8 □ READ ROMANS 14 - PSALMS 23 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/9 □ READ ROMANS 15 - PSALMS 24 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/10 □ READ ROMANS 16 - PSALMS 25 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/11 □ READ ACTS 1 - PSALMS 26 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/12 □ READ ACTS 2 - PSALMS 27 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/13 □ READ ACTS 3 - PSALMS 28 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/14 □ READ ACTS 4 - PSALMS 29 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____
1/15 □ READ ACTS 5 - PSALMS 30 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/16 □ READ ACTS 6 - PSALMS 31 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/17 □ READ ACTS 7 - PSALMS 32 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/18 □ READ ACTS 8 - PSALMS 33 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/19 □ READ ACTS 9 - PSALMS 34 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/20 □ READ ACTS 10 - PSALMS 35 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/21 □ READ ACTS 11 - PSALMS 36 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____
1/22 □ READ ACTS 12 - PSALMS 37 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/23 □ READ ACTS 13 - PSALMS 38 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/24 □ READ ACTS 14 - PSALMS 39 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/25 □ READ ACTS 15 - PSALMS 40 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/26 □ READ ACTS 16 - PSALMS 41 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/27 □ READ ACTS 17 - PSALMS 42 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/28 □ READ ACTS 18 - PSALMS 43 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____
1/29 □ READ ACTS 19 - PSALMS 44 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/30 □ READ ACTS 20 - PSALMS 45 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	1/31 □ READ ACTS 21 - PSALMS 46 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	2/1 □ READ ACTS 22 - PSALMS 47 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ TITHE	2/2 □ READ ACTS 23 - PSALMS 48 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	2/3 □ READ ACTS 24 - PSALMS 49 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	2/4 □ READ ACTS 25 - PSALMS 50 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____
2/5 □ READ ACTS 26 - PSALMS 51 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	2/6 □ READ ACTS 27 - PSALMS 52 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	2/7 □ READ ACTS 28 - PSALMS 53 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	2/8 □ READ GALATIANS 1 - PSALMS 54 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	2/9 □ READ GALATIANS 2 - PSALMS 55 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	2/10 □ READ GALATIANS 3 - PSALMS 56 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	2/11 □ READ GALATIANS 4 - PSALMS 57 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____
2/12 □ READ GALATIANS 5 - PSALMS 58 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____	2/13 □ READ GALATIANS 6 - PSALMS 59 □ LIFE JOURNAL □ PRAYER WALK (A.C.T.S) □ EXERCISE □ _____					

✦ = 7 GRACE DAYS

