



SUFFOLK CHRISTIAN CHURCH SPIRITUAL AND FITNESS CHALLENGE January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 Pray <input type="checkbox"/> Bible Readings: Proverbs 1 <input type="checkbox"/> Matthew 1-4 <input type="checkbox"/> Exercise <input type="checkbox"/>	2 Pray <input type="checkbox"/> Bible Readings: Proverbs 2 <input type="checkbox"/> Matthew 5-7 <input type="checkbox"/> Exercise <input type="checkbox"/>	3 Pray <input type="checkbox"/> Bible Readings: Proverbs 3 <input type="checkbox"/> Matthew 11-12 <input type="checkbox"/> Exercise <input type="checkbox"/>	4 Pray <input type="checkbox"/> Bible Readings: Proverbs 4 <input type="checkbox"/> Matthew 13-15 <input type="checkbox"/> Exercise <input type="checkbox"/>	5 Pray <input type="checkbox"/> Bible Readings: Proverbs 5 <input type="checkbox"/> Matthew 16-18 <input type="checkbox"/> Exercise <input type="checkbox"/>	6 Pray <input type="checkbox"/> Bible Readings: Proverbs 6 <input type="checkbox"/> Matthew 19-22 <input type="checkbox"/> Exercise <input type="checkbox"/>	
7 Pray <input type="checkbox"/> Bible Readings: Proverbs 7 <input type="checkbox"/> Matthew 23-25 <input type="checkbox"/> Exercise <input type="checkbox"/>	8 Pray <input type="checkbox"/> Bible Readings: Proverbs 8 <input type="checkbox"/> Matthew 26-28 <input type="checkbox"/> Exercise <input type="checkbox"/>	9 Pray <input type="checkbox"/> Bible Readings: Proverbs 9 <input type="checkbox"/> Matthew 1-4 <input type="checkbox"/> Exercise <input type="checkbox"/>	10 Pray <input type="checkbox"/> Bible Readings: Proverbs 10 <input type="checkbox"/> Mark 1-3 <input type="checkbox"/> Exercise <input type="checkbox"/>	11 Pray <input type="checkbox"/> Bible Readings: Proverbs 11 <input type="checkbox"/> Mark 4-6 <input type="checkbox"/> Exercise <input type="checkbox"/>	12 Pray <input type="checkbox"/> Bible Readings: Proverbs 12 <input type="checkbox"/> Mark 7-9 <input type="checkbox"/> Exercise <input type="checkbox"/>	13 Pray <input type="checkbox"/> Bible Readings: Proverbs 13 <input type="checkbox"/> Mark 10-13 <input type="checkbox"/> Exercise <input type="checkbox"/>	
14 Pray <input type="checkbox"/> Bible Readings: Proverbs 14 <input type="checkbox"/> Mark 14-16 <input type="checkbox"/> Exercise <input type="checkbox"/>	15 Pray <input type="checkbox"/> Bible Readings: Proverbs 15 <input type="checkbox"/> Luke 1-2 <input type="checkbox"/> Exercise <input type="checkbox"/>	16 Pray <input type="checkbox"/> Bible Readings: Proverbs 16 <input type="checkbox"/> Luke 3-5 <input type="checkbox"/> Exercise <input type="checkbox"/>	17 Pray <input type="checkbox"/> Bible Readings: Proverbs 17 <input type="checkbox"/> Luke 6-7 <input type="checkbox"/> Exercise <input type="checkbox"/>	18 Pray <input type="checkbox"/> Bible Readings: Proverbs 18 <input type="checkbox"/> Luke 8-9 <input type="checkbox"/> Exercise <input type="checkbox"/>	19 Pray <input type="checkbox"/> Bible Readings: Proverbs 19 <input type="checkbox"/> Luke 10-12 <input type="checkbox"/> Exercise <input type="checkbox"/>	20 Pray <input type="checkbox"/> Bible Readings: Proverbs 20 <input type="checkbox"/> Luke 13-16 <input type="checkbox"/> Exercise <input type="checkbox"/>	
21 Pray <input type="checkbox"/> Bible Readings: Proverbs 21 <input type="checkbox"/> Luke 17-19 <input type="checkbox"/> Exercise <input type="checkbox"/>	22 Pray <input type="checkbox"/> Bible Readings: Proverbs 22 <input type="checkbox"/> Luke 20-22 <input type="checkbox"/> Exercise <input type="checkbox"/>	23 Pray <input type="checkbox"/> Bible Readings: Proverbs 23 <input type="checkbox"/> Luke 23-24 <input type="checkbox"/> Exercise <input type="checkbox"/>	24 Pray <input type="checkbox"/> Bible Readings: Proverbs 24 <input type="checkbox"/> John 1-4 <input type="checkbox"/> Exercise <input type="checkbox"/>	25 Pray <input type="checkbox"/> Bible Readings: Proverbs 25 <input type="checkbox"/> John 5-6 <input type="checkbox"/> Exercise <input type="checkbox"/>	26 Pray <input type="checkbox"/> Bible Readings: Proverbs 26 <input type="checkbox"/> John 7-8 <input type="checkbox"/> Exercise <input type="checkbox"/>	27 Pray <input type="checkbox"/> Bible Readings: Proverbs 27 <input type="checkbox"/> John 9-11 <input type="checkbox"/> Exercise <input type="checkbox"/>	
28 Pray <input type="checkbox"/> Bible Readings: Proverbs 28 <input type="checkbox"/> John 12-14 <input type="checkbox"/> Exercise <input type="checkbox"/>	29 Pray <input type="checkbox"/> Bible Readings: Proverbs 29 <input type="checkbox"/> John 15-16 <input type="checkbox"/> Exercise <input type="checkbox"/>	30 Pray <input type="checkbox"/> Bible Readings: Proverbs 30 <input type="checkbox"/> John 17-19 <input type="checkbox"/> Exercise <input type="checkbox"/>	31 Pray <input type="checkbox"/> Bible Readings: Proverbs 31 <input type="checkbox"/> John 20-21 <input type="checkbox"/> Exercise <input type="checkbox"/>	†††††††† 	 Challenge Completed Signed _____		