

# Get Your Rest 2-Week Challenge

| DAY/DATE   | SCRIPTURE | SPADEWORK | BEDTIME | ✓ |
|------------|-----------|-----------|---------|---|
| SUNDAY/    |           |           |         |   |
| MONDAY/    |           |           |         |   |
| TUESDAY/   |           |           |         |   |
| WEDNESDAY/ |           |           |         |   |
| THURSDAY/  |           |           |         |   |
| FRIDAY/    |           |           |         |   |
| SATURDAY/  |           |           |         |   |
| SUNDAY/    |           |           |         |   |
| MONDAY/    |           |           |         |   |
| TUESDAY/   |           |           |         |   |
| WEDNESDAY/ |           |           |         |   |
| THURSDAY/  |           |           |         |   |
| FRIDAY/    |           |           |         |   |
| SATURDAY/  |           |           |         |   |