

# Faith Log

Place a red mark in a day/time box when most or all of that hour is on something that is either questioning or taking you away from a faith walk

Place a green mark in a day/time box when most or all of that hour is something that is leading you towards deepening your faith walk.

Put numbers by each dot, starting with 1, ending with however many activities you logged in, and on a separate sheet of paper, you can comment on what you did. In the end of the week, you will see a general picture of your faith walk.

<b>Time</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
12:00 AM							
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