

JANUARY: CLEAN HEARTING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MIND: Daily Devotions from Clean Hearting BODY: Clean Hearting Workout Calendar / Live Workouts NUTRITION: Clean Eating SPIRIT: Psalm 51 Create in me a pure heart / Mark 7:15						1 8AM- Worship 8:15 AM Meditation 8:30 AM Workout/Goals Overview Clean Hearting!
2 REST	3	4 7:15 AM Prayer Time 7:30 AM 7:45am Meditation 5:15pm-5:45 PM Workout	5	6 Sign ups close for Clean Hearting!	7 CHECK OUT THE RECIPE INGREDIENTS IN YOUR EMAIL FOR MONDAY!	8 7:15:AM Worship 7:30 AM Meditation 7:45 AM Workout/Goals
9 REST	10 Clean Hearting Begins! 7:30 PM Clean Eating Prep live on Zoom	11 7:15 AM Prayer Time 7:30 AM 7:45am Meditation 5:15pm-5:45 PM Workout	12	13	14	15 7:15:AM Worship 7:30 AM Meditation 7:45 AM Workout/Goals
16 REST	17	18 7:15 AM Prayer Time 7:30 AM 7:45am Meditation 5:15pm-5:45 PM Workout	19	20	21 CHECK OUT THE RECIPE INGREDIENTS IN YOUR EMAIL FOR MONDAY!	22 7:15:AM Worship 7:30 AM Meditation 7:45 AM Workout/Goals
23 REST	24 7:30 PM Clean Eating Prep live on Zoom	25 7:15 AM Prayer Time 7:30 AM 7:45am Meditation 5:15pm-5:45 PM Workout	26	27	28	29 7:15:AM Worship 7:30 AM Meditation 7:45 AM Workout/Goals
30 REST Clean Hearting Ends	31	Coaching Call with Alisa 12 pm EST - EVERY TUESDAY				