COMMITMENT CARD CHECK-IN LOG

In the columns below, rate the level of difficulty of the commitments you made on a scale of 1 - 10, with 1 being "not difficult at all," to 10 being "extremely difficult." Feel free to write your own commitments as well!

SPIRITUAL COMMITMENTS	DAY 1	DAY 30	DAY 60	DAY 90
Mass | Weekly or Daily				
Confession | Monthly				
Adoration | Holy Hour				
Pray daily | 20 – 60 Minutes				
Pray daily with Scripture for Mass				
Pray the Examen each night				
Spend time with a Spiritual Mentor				
Pray the Rosary daily				
Pray the Divine Mercy Chaplet daily				
INTELLECTUAL COMMITMENTS				
Participate in a Lectio Divina or Bible Study group				
Study Scripture				
Study Theology				
Read a Catholic book				
Journal 5 – 10 minutes each day				
Weekly Be Formed session with your small group				
HUMAN COMMITMENTS				
Practice virtuous living				
Eat regularly				
Drink at least 64 oz of water daily				
Get 7+ hours of sleep per night				
Fast between meals				
Fast from sweets				
Fast from soft drinks and/or alcohol				
Exercise 3-5 times per week				
Limit cell phone and TV distractions				
Limit non-essential purchases				
PASTORAL COMMITMENTS				
Bring your friends and family to Christ				
Expand/connect with groups				
Donate time through the Works of Mercy				
Donate talent through the Works of Mercy				
Donate treasure through the Works of Mercy				