



MY GOAL

READ 'MADE TO CRAVE'

Understand what you're truly craving & take the 21 Day Challenge.

RESOURCES: Purchase 'Made To Crave'. The 21 Day Challenge (on the YouVersion App plans) is a simple reading every day to begin applying the biblical principles of craving and a woman's desire to be healthy.

SUGGESTED GOAL PAIRINGS: Drink Water - Eat Healthy - Begin Fitness

PROGRESS: For each of the 19 chapters in the book you read, color in a box. Also color a box for each day of the 21 Day Challenge as you participate.

The image shows two tracking tools. The first is a larger calendar-like grid with a blue header that says "'MADE TO CRAVE' CHAPTERS". It has a grid of 19 boxes numbered 1 through 19, arranged in four rows: the first row has 5 boxes, the second and third rows have 5 boxes each, and the fourth row has 4 boxes. The second tool is a smaller calendar-like grid with a blue header that says "MADE TO CRAVE 21 DAY CHALLENGE". It has a grid of 21 boxes numbered 1 through 21, arranged in three rows: the first row has 7 boxes, the second row has 7 boxes, and the third row has 7 boxes.