

HERD 90

90 DAY PLAN

WEEK 1 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
1	EXODUS 1									
2	EXODUS 2									
3	EXODUS 3									
4	EXODUS 4									
5	EXODUS 5									
6	EXODUS 6									
7	EXODUS 7-8									



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WEEK 2 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
8	EXODUS 9-10									
9	EXODUS 11									
10	EXODUS 12									
11	EXODUS 13									
12	EXODUS 14									
13	EXODUS 15									
14	EXODUS 16									



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WEEK 3 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
15	EXODUS 17									
16	EXODUS 18									
17	EXODUS 19									
18	EXODUS 20									
19	EXODUS 21-22									
20	EXODUS 23									
21	EXODUS 24									



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WEEK 4 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
22	EXODUS 25-26									
23	EXODUS 27									
24	EXODUS 28									
25	EXODUS 29									
26	EXODUS 30-31									
27	EXODUS 32									
28	EXODUS 33									



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WEEK 5 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
29	EXODUS 34									
30	EXODUS 35									
31	EXODUS 36 - 37									
32	EXODUS 38									
33	EXODUS 39									
34	EXODUS 40									
35	ISAIAH 1 - 2									



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WEEK 6 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
36	ISAIAH 3 - 4									
37	ISAIAH 5 - 6									
38	ISAIAH 7 - 8									
39	ISAIAH 9 - 10									
40	ISAIAH 11 - 12									
41	ISAIAH 13 - 14									
42	ISAIAH 15 - 16									



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WEEK 7 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
43	ISAIAH 17 - 18									
44	ISAIAH 19 - 20									
45	ISAIAH 21									
46	ISAIAH 22									
47	ISAIAH 23									
48	ISAIAH 24									
49	ISAIAH 25									



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WEEK 8 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
50	ISAIAH 26									
51	ISAIAH 27									
52	ISAIAH 28									
53	ISAIAH 29									
54	ISAIAH 30									
55	ISAIAH 31									
56	ISAIAH 32									



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WEEK 9 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
57	ISAIAH 33									
58	ISAIAH 34									
59	ISAIAH 35									
60	ISAIAH 36									
61	ISAIAH 37									
62	ISAIAH 38									
63	ISAIAH 39									



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WEEK 10 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
64	ISAIAH 40									
65	ISAIAH 41									
66	ISAIAH 42									
67	ISAIAH 43									
68	ISAIAH 44									
69	ISAIAH 45									
70	ISAIAH 46									



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WEEK 11 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
71	ISAIAH 47									
72	ISAIAH 48									
73	ISAIAH 49									
74	ISAIAH 50									
75	ISAIAH 51									
76	ISAIAH 52									
77	ISAIAH 53									



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WEEK 12 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
78	ISAIAH 54									
79	ISAIAH 55									
80	ISAIAH 56									
81	ISAIAH 57									
82	ISAIAH 58									
83	ISAIAH 59									
84	ISAIAH 60									



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WEEK 13 CHECKLIST

DAY	BIBLE READING	PRAY	JOURNAL	ACT OF KINDNESS	HABIT FAST	NO ALCOHOL TOBACCO, WEED	DRINK 1GAL OF WATER	TWO 45MIN WORKOUTS		PROGRESS PICTURE
								OUTDOOR	OTHER	
85	ISAIAH 61									
86	ISAIAH 62									
87	ISAIAH 63									
88	ISAIAH 64									
89	ISAIAH 65									
90	ISAIAH 66									
COMPLETION										

