FREE STARTER KIT · PRINT, CUT, AND KEEP IT WHERE YOU WILL SEE IT

DAILY COMMITMENTS CARD

BRAVE 30 DAY PUNCH

THREE COMMITMENTS

1. **Read the day and do the action.** The Word and the work belong together.
2. **Move for 30 minutes.** Whatever you can do, based on where you are today.
3. **Speak gratitude, morning and night.** "God, thank You for _____."

"Enter his gates with thanksgiving and his courts with praise." PSALM 100:4

Do not restart. Adjust and keep marching.

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