The 40 Day Miracle (42) Daily Checklist and Journal Day 1-21 40day.com Name\_ No Lust No anger Flirting No complain No neg Day Read Prayer Scripture **Compliment Detail** No Giving **42 Perfect** Procla Day/Nite people eating to Day Brief detail Brief Detail # **Eating** mation Nite talk full Etc. 1 1-21 raw/steamed 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21

| Name | NOTES: The 40 Day Miracle (42) | Day 1-21 | 40day.com Start date |
|------|--------------------------------|----------|----------------------|
| Day# |                                |          |                      |
| 1    |                                |          |                      |
| 2    |                                |          |                      |
| 3    |                                |          |                      |
| 4    |                                |          |                      |
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| 18   |                                |          |                      |
| 19   |                                |          |                      |
| 20   |                                |          |                      |
| 21   |                                |          |                      |

| Day<br># | Read<br>Procla<br>mation | Prayer<br>Day<br>Nite | Scripture Day/Nite | Compliment Detail Brief detail | No neg<br>people<br>talk | No eating to full | No Lust<br>Flirting<br>Etc. | No anger<br>No complain | Giving<br>Brief Detail | 42 Perfect<br>Eating |
|----------|--------------------------|-----------------------|--------------------|--------------------------------|--------------------------|-------------------|-----------------------------|-------------------------|------------------------|----------------------|
| 22       |                          |                       |                    |                                |                          |                   |                             |                         |                        | 22-28 Eden           |
| 23       |                          |                       |                    |                                |                          |                   |                             |                         |                        |                      |
| 24       |                          |                       |                    |                                |                          |                   |                             |                         |                        |                      |
| 25       |                          |                       |                    |                                |                          |                   |                             |                         |                        |                      |
| 26       |                          |                       |                    |                                |                          |                   |                             |                         |                        |                      |
| 27       |                          |                       |                    |                                |                          |                   |                             |                         |                        |                      |
| 28       |                          |                       |                    |                                |                          |                   |                             |                         |                        |                      |
| 29       |                          |                       |                    |                                |                          |                   |                             |                         |                        | 29-35 water fast     |
| 30       |                          |                       |                    |                                |                          |                   |                             |                         |                        |                      |
| 31       |                          |                       |                    |                                |                          |                   |                             |                         |                        |                      |
| 32       |                          |                       |                    |                                |                          |                   |                             |                         |                        |                      |
| 33       |                          |                       |                    |                                |                          |                   |                             |                         |                        |                      |
| 34       |                          |                       |                    |                                |                          |                   |                             |                         |                        |                      |
| 35       |                          |                       |                    |                                |                          |                   |                             |                         |                        |                      |
| 36       |                          |                       |                    |                                |                          |                   |                             |                         |                        | 36-42 Eden           |
| 37       |                          |                       |                    |                                |                          |                   |                             |                         |                        |                      |
| 38       |                          |                       |                    |                                |                          |                   |                             |                         |                        |                      |
| 39       |                          |                       |                    |                                |                          |                   |                             |                         |                        |                      |
| 40       |                          |                       |                    |                                |                          |                   |                             |                         |                        |                      |
| 41       |                          |                       |                    |                                |                          |                   |                             |                         |                        |                      |
| 42       |                          |                       |                    |                                |                          |                   |                             |                         |                        | Congratulations!     |

| Name<br>Day#<br>22 | NOTES: The 40 Day Miracle (42) Day 22-42 | 40day.com Start date |
|--------------------|--|----------------------|
| 22                 |  |                      |
| 22                 |  |                      |
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| 37                 |  |                      |
| 38                 |  |                      |
| 39                 |  |                      |
| 40                 |  |                      |
| 41                 |  |                      |
| 42                 |  |                      |