



Plan for the Day

DAY

DATE

MUST DO CHORES



*I will let go of what
I cannot control
today*

MEALS

B

L

D

NOTES

BIBLE READING

Passage:

Something that stood out to me:



PRAYER PRIORITIES

- 1 Those sick with the virus
- 2 Those who have lost loved ones to the virus
- 3 Health workers
- 4
- 5

OUTREACH FROM HOME

- ☐ Call or text
- ☐ Write a letter or card
- ☐ Make an encouraging social media post
- ☐ Other

☐ EXERCISED ☐ RELAXED

