

FIRE THE DESIRE - Three Day Challenge

Date: _____

Day	12 am	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm
1																								
2																								
3																								

Each day:

1. Wait for 0 for each eating occasion
2. Stop at 5 or sooner
3. Sweetened beverages only with a meal
4. Focus on God via God List, Praise Fest, Gratitude List.

For every hour that you do what God has directed (including the 4 items listed above), mark the coordinating box with a star or other favorite mark. :-)

