



Journey Women's

# 40 GRIT

20-DAY CHALLENGE TO STRENGTHEN SPIRITUAL AND PHYSICAL HABITS

September 7-26, 2021

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Read																				
Pray																				
Write																				
Diet																				
Exercise																				
Water																				

