FREE PRINTABLE | MEN'S BIBLE PLAN

90-Day Bible Challenge Tracker

Cross off each day you finish your three pillars: Body (a practical challenge), Mind (one passage), Spirit (prayer and quiet). About ten minutes a day.

YOUR 90 DAYS

1	2	3	4	5	6	7 Belt	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
31	32	33	34	35 Shield	36	37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
76	77	78	79	80	81	82	83	84	85	86	87	88	89	90 Sword

In the app, Armor of God milestones come at Day 7 (Belt of Truth), Day 35 (Shield of Faith) and Day 90 (Sword of the Spirit). Missed a day? Pick up where you left off.

WEEKLY REFLECTION

One passage that stuck with me this week:

One thing I will do differently:

Who I will pray for:

Free iPhone app: FORGED: Daily Bible for Men

A free 90-day Bible plan and devotional for men: one practical challenge, one passage in plain English, quiet time for prayer. Day 1 and Bible Basics are free; no account.

FORGED is a devotional routine, not medical or fitness advice. Days 2-90 are Premium (optional subscription or lifetime purchase).

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