

Four Wins

(measure the GAIN)

Date _____

Date _____

Physical _____

Physical _____

Spiritual _____

Spiritual _____

Emotional _____

Emotional _____

Intellectual _____

Intellectual _____

Gratitude _____

Gratitude _____

Date _____

Date _____

Physical _____

Physical _____

Spiritual _____

Spiritual _____

Emotional _____

Emotional _____

Intellectual _____

Intellectual _____

Gratitude _____

Gratitude _____

Four Wins (measure the GAIN)

Physical - FF, Hiking, Dumbbells,
Bodyweight, Healthy Eating, Cold Showers

Spiritual - Rosary, Mass, Adoration,

Confession, LOTH

Intellectual - Reading, Piano, Cursive,
Spanish

Emotional - Wins, Quiet Time, Gratitude,
Breathing, Yoga, Writing, Meditation, Family
Time, Dialogue

Things To Avoid - Social Media, Sugar,
Processed Foods, Screens, Negative
Thinking, Getting up Late, Staying up Late,

Rules:

1. Follow Schedule as closely as possible.
2. Read 8 pages of Summa of the Summa per day.
3. Observe Office, Morning, Evening, and Night prayer
4. Fasting (Coffee/Water) on Friday
5. Cold Shower on Wednesday & Friday (or days closest as needed)
6. Complete WINS sheet each day
7. Avoid sugar and processed food
8. Phone on Airplane Mode except 10:00 to 10:30 AM and 4:00 to 4:30 PM
9. Complete one Spanish lesson per day.
10. Finish one page of cursive with left hand.

68 Day Plan - 10/24/24 to 12/31/24

5:00 AM - Wake, Water, Exercise

5:45 AM - LOTH/Daily Readings 10:00 to 10:30 AM and 4:00 to 4:30

6:00 AM - Catherine & Shower

PM

7:00 AM - Drive, Listen, or Read

9. Complete one Spanish lesson per

8:00 AM - Breakfast

day.

8:30 AM - Work

10. Finish one page of cursive with left

12:00 PM - Simple Lunch

hand.

4:00 PM - Drive or Read

6:00 PM - Evening Prayer

8:00 PM - Cursive & Spanish

9:00 PM - Dialogue & Night Prayer