## My Armor Your Self™ Daily System

Physical Strengthening Activities:	Mental Strengthening Activities:
Monday -	Monday -
Tuesday -	Tuesday -
Wednesday -	Wednesday -
Thursday -	Thursday -
Friday -	Friday -
Saturday -	Saturday -
Sunday -	Sunday -
Optional:	Optional:
Emotional Strengthening Activities:	<b>Spiritual</b> Strengthening Activities:
<b>Emotional</b> Strengthening Activities:  Monday -	<b>Spiritual</b> Strengthening Activities:  Monday -
Monday -	Monday -
Monday - Tuesday -	Monday - Tuesday -
Monday - Tuesday - Wednesday -	Monday - Tuesday - Wednesday -
Monday - Tuesday - Wednesday - Thursday -	Monday - Tuesday - Wednesday - Thursday -
Monday - Tuesday - Wednesday - Thursday - Friday -	Monday - Tuesday - Wednesday - Thursday - Friday -
Monday - Tuesday - Wednesday - Thursday - Friday - Saturday -	Monday - Tuesday - Wednesday - Thursday - Friday - Saturday -