

# My Armor Your Self™ Daily System

## **Physical** Strengthening Activities:

Monday -

Tuesday -

Wednesday -

Thursday -

Friday -

Saturday -

Sunday -

Optional:

## **Mental** Strengthening Activities:

Monday -

Tuesday -

Wednesday -

Thursday -

Friday -

Saturday -

Sunday -

Optional:

## **Emotional** Strengthening Activities:

Monday -

Tuesday -

Wednesday -

Thursday -

Friday -

Saturday -

Sunday -

Optional:

## **Spiritual** Strengthening Activities:

Monday -

Tuesday -

Wednesday -

Thursday -

Friday -

Saturday -

Sunday -

Optional: