Date	Discipline of Body					Discipline of Mind				Discipline of Heart				Discipline of Soul			
	No Hot Showers DAILY	No Alcohol DAILY	No Soda DAILY	No Sweet Drinks DAILY	Exercise 4x a WEEK	No TV or Movies DAILY	No Social Media DAILY	FAST Solid Food Once/WEEK	Fr. Sy Classes	No foul language DAILY	No Complaints DAILY	No Negative Talk DAILY	Edifying Music DAILY	40 minutes Silent Prayer DAILY	Examine Self DAILY	Pray Rosary DAILY	Visit Chapel 4x per WEEK
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