



Check-in Form

Rank the past 30 days with a figure from 1 to 10 (1 = very bad, 10 = very good)

Focus	Score 1-10	Notes
Business		
Home and Family		
Health		
Spiritual life		

Coming 30 days I start with: _____

Coming 30 days I stop with: _____

MY CHALLENGE FOR THE COMING 30-60 DAYS IS:

DESIRED RESULT:

From my team I expect: prayer encouragement tips

ACTION PLAN (next time please report on your progress to your prayer partner):

1. _____
2. _____
3. _____
4. _____
5. _____

Personal Prayer Card

During this meeting I was struck by:

The coming period I will pray for:

Friends I like to pray for
