

STAGGERNOT CHALLENGE

Earned Eating Episodes Tracker

Staggering not at the promises of God

Romans 4:20

Participant Name: _____	Month: _____
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How the Challenge Works

Everyone begins each day with 1 approved eating episode, plus approved freebies.

Earn 1 extra eating episode by logging MORE THAN 12,000 steps in one day.

Earn 2 extra eating episodes total by logging MORE THAN 15,000 steps in one day.

Unused earned episodes carry over. Think of them like a bank balance.

After a 15,000+ step day, you may forfeit BOTH earned episodes and choose a WOW or PRAY Challenge instead. Write the exact challenge name.

When you use an earned episode, cross out a token and record the withdrawal in the ledger.

Quick Key

Deposit: extra eating episodes earned from steps.

Withdrawal: earned episode used on any day.

Balance: earned episodes remaining after deposits and withdrawals.

WOW/PRAY Swap: a named challenge chosen instead of the two episodes from a 15,000+ step day.

Eating Episode Bank Ledger

Earned episodes are deposits. Used episodes are withdrawals. Keep a running balance.

Day/Date	Steps Logged	Deposit Earned	WOW/PRAY Swap? (Name It)	Withdrawal Used	Running Balance	Notes / Accountability
Day 1		0 / +1 / +2				
Day 2		0 / +1 / +2				
Day 3		0 / +1 / +2				
Day 4		0 / +1 / +2				
Day 5		0 / +1 / +2				
Day 6		0 / +1 / +2				
Day 7		0 / +1 / +2				
Day 8		0 / +1 / +2				
Day 9		0 / +1 / +2				
Day 10		0 / +1 / +2				
Day 11		0 / +1 / +2				
Day 12		0 / +1 / +2				
Day 13		0 / +1 / +2				
Day 14		0 / +1 / +2				
Day 15		0 / +1 / +2				
Day 16		0 / +1 / +2				
Day 17		0 / +1 / +2				
Day 18		0 / +1 / +2				
Day 19		0 / +1 / +2				
Day 20		0 / +1 / +2				
Day 21		0 / +1 / +2				
Day 22		0 / +1 / +2				
Day 23		0 / +1 / +2				
Day 24		0 / +1 / +2				
Day 25		0 / +1 / +2				

Day/Date	Steps Logged	Deposit Earned	WOW/PRAY Swap? (Name It)	Withdrawal Used	Running Balance	Notes / Accountability
Day 26		0 / +1 / +2				
Day 27		0 / +1 / +2				
Day 28		0 / +1 / +2				
Day 29		0 / +1 / +2				
Day 30		0 / +1 / +2				
Day 31		0 / +1 / +2				

Monthly Victory Notes

Biggest win this month: _____

Promise I stood on: _____

What I learned about discipline and grace: _____

Earned Episode Token Bank

Write the earned date on a token. Cross it out when that earned episode is used.

Token #1 Earned Date: _____ Cross out when used	Token #2 Earned Date: _____ Cross out when used	Token #3 Earned Date: _____ Cross out when used	Token #4 Earned Date: _____ Cross out when used
Token #5 Earned Date: _____ Cross out when used	Token #6 Earned Date: _____ Cross out when used	Token #7 Earned Date: _____ Cross out when used	Token #8 Earned Date: _____ Cross out when used
Token #9 Earned Date: _____ Cross out when used	Token #10 Earned Date: _____ Cross out when used	Token #11 Earned Date: _____ Cross out when used	Token #12 Earned Date: _____ Cross out when used
Token #13 Earned Date: _____ Cross out when used	Token #14 Earned Date: _____ Cross out when used	Token #15 Earned Date: _____ Cross out when used	Token #16 Earned Date: _____ Cross out when used
Token #17 Earned Date: _____ Cross out when used	Token #18 Earned Date: _____ Cross out when used	Token #19 Earned Date: _____ Cross out when used	Token #20 Earned Date: _____ Cross out when used
Token #21 Earned Date: _____ Cross out when used	Token #22 Earned Date: _____ Cross out when used	Token #23 Earned Date: _____ Cross out when used	Token #24 Earned Date: _____ Cross out when used
Token #25 Earned Date: _____ Cross out when used	Token #26 Earned Date: _____ Cross out when used	Token #27 Earned Date: _____ Cross out when used	Token #28 Earned Date: _____ Cross out when used
Token #29 Earned Date: _____ Cross out when used	Token #30 Earned Date: _____ Cross out when used	Token #31 Earned Date: _____ Cross out when used	Token #32 Earned Date: _____ Cross out when used

Earned Episode Token Bank - Continued

Token #33 Earned Date: _____ Cross out when used	Token #34 Earned Date: _____ Cross out when used	Token #35 Earned Date: _____ Cross out when used	Token #36 Earned Date: _____ Cross out when used
Token #37 Earned Date: _____ Cross out when used	Token #38 Earned Date: _____ Cross out when used	Token #39 Earned Date: _____ Cross out when used	Token #40 Earned Date: _____ Cross out when used
Token #41 Earned Date: _____ Cross out when used	Token #42 Earned Date: _____ Cross out when used	Token #43 Earned Date: _____ Cross out when used	Token #44 Earned Date: _____ Cross out when used
Token #45 Earned Date: _____ Cross out when used	Token #46 Earned Date: _____ Cross out when used	Token #47 Earned Date: _____ Cross out when used	Token #48 Earned Date: _____ Cross out when used
Token #49 Earned Date: _____ Cross out when used	Token #50 Earned Date: _____ Cross out when used	Token #51 Earned Date: _____ Cross out when used	Token #52 Earned Date: _____ Cross out when used
Token #53 Earned Date: _____ Cross out when used	Token #54 Earned Date: _____ Cross out when used	Token #55 Earned Date: _____ Cross out when used	Token #56 Earned Date: _____ Cross out when used
Token #57 Earned Date: _____ Cross out when used	Token #58 Earned Date: _____ Cross out when used	Token #59 Earned Date: _____ Cross out when used	Token #60 Earned Date: _____ Cross out when used
Token #61 Earned Date: _____ Cross out when used	Token #62 Earned Date: _____ Cross out when used		

WOW / PRAY Challenge Swap Log

Use this only after a 15,000+ step day when you choose a named challenge instead of both earned episodes.

Date	Steps	Challenge Type (WOW or PRAY)	Specific Challenge Name	Accountability Notes / Completion