

## 40-Day Lent Reflection Tracker

Use this tracker to set daily goals, record your repentance, fasting methods, and prayer reflections throughout Lent.

Date	Goal for Today	What Did I Repent?	How Did I Fast?	Prayer Notes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				
Day 15				
Day 16				
Day 17				
Day 18				
Day 19				
Day 20				
Day 21				

Day 22				
Day 23				
Day 24				
Day 25				
Day 26				
Day 27				
Day 28				
Day 29				
Day 30				
Day 31				
Day 32				
Day 33				
Day 34				
Day 35				
Day 36				
Day 37				
Day 38				
Day 39				
Day 40				

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This reflection tracker is designed to guide you in repentance, fasting, and prayer during Lent. Use it daily to focus on spiritual growth and discipline.

**"Draw nigh to God, and he will draw nigh to you..." (James 4:8, KJV)**