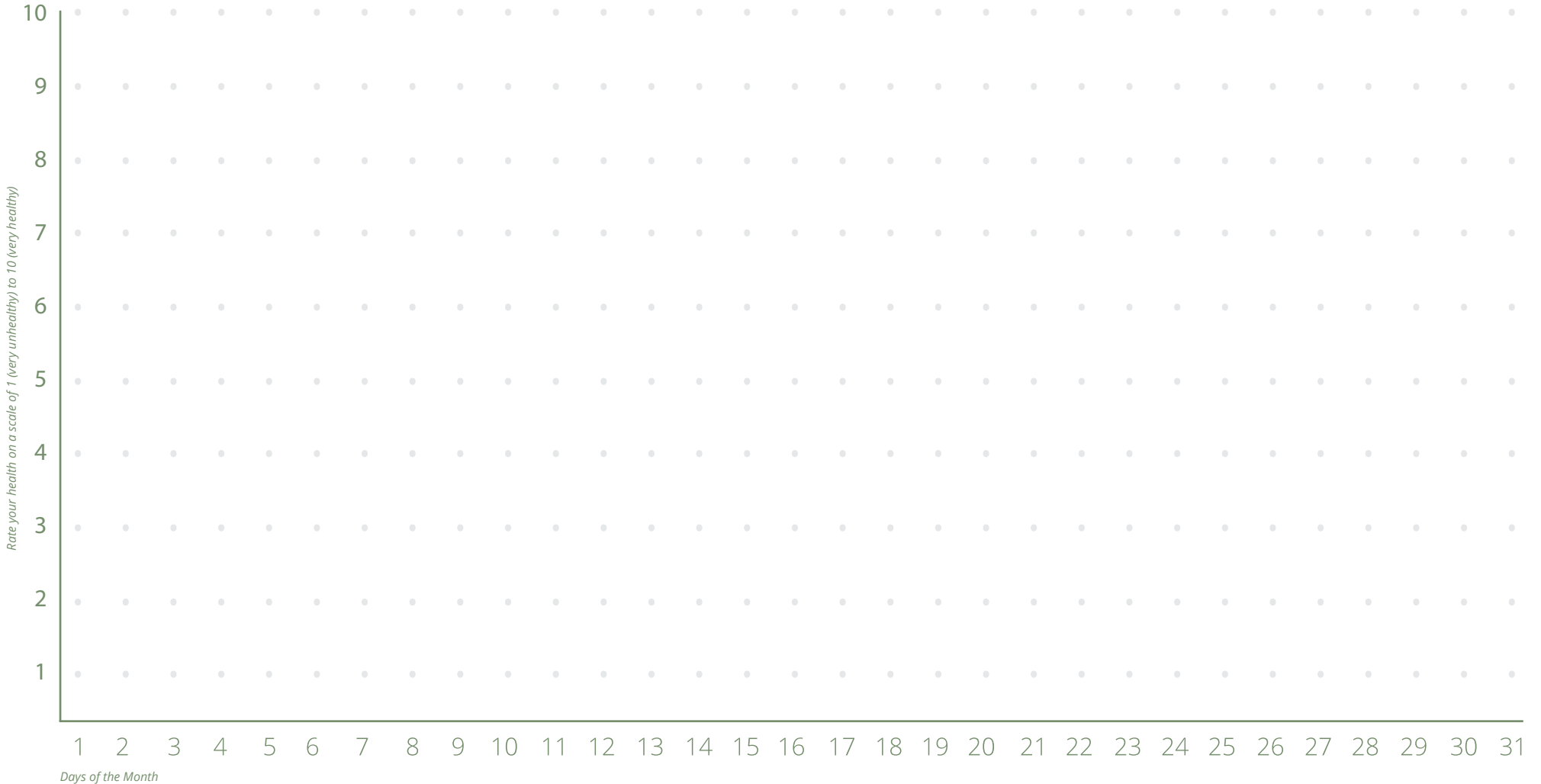


The RPMS Practice Monthly Tracker

On a scale of 1 to 10, chart your daily rating in each RPMS category (if you'd like, choose a different color for each and color in the boxes below). Download the RPMS Practice resource page at communitychristian.org/rpms for a quick glance at the questions you can ask yourself in each category. At the end of the month, connect the dots to see your progress and average out each category. You may even notice trends during each week or even during different seasons if you track your RPMS for more than a year.



Category	Relational	Physical	Mental	Spiritual
Color	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Month/Year _____

Monthly Average _____

