

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Morning offering																															
Angelus																															
Prayer																															
Grace at meals																															
Rosary																															
Spiritual Reading																															
Night prayers																															
Examination at night																															

List of sacrifices																															
Heroic Minute																															