

# Lent Fast Tracker 2026

A 40-Day Journey of Reflection, Simplicity, and Spiritual Growth

## My Lenten Commitment

What I'm Giving Up for Lent:

Why I Chose This Fast:

## Lent Calendar (February 18 – April 4, 2026)

Week	Dates	 Daily Progress	Notes or Reflections
Week 1	Feb 18 – Feb 21	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Week 2	Feb 22 – Feb 28	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Week 3	Mar 01 – Mar 07	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Week 4	Mar 08 – Mar 14	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Week 5	Mar 15 – Mar 21	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Week 6	Mar 22 – Mar 28	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
Holy Week	Mar 29 – Apr 04	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

## Weekly Reflection Prompts

- Week 1: What initial resistance or surprises came up this week?
- Week 2: How is this fast shaping your daily choices?
- Week 3: What emotions are surfacing as you continue your practice?
- Week 4: Have you noticed any deeper spiritual insights?
- Week 5: How are you showing grace to yourself when it's difficult?
- Week 6: In what ways are you preparing your heart for Easter?
- Holy Week: What does resurrection mean to you this year?

## Scripture for Inspiration

- “When you fast, do not look somber as the hypocrites do...” – Matthew 6:16
- “Is not this the kind of fasting I have chosen...” – Isaiah 58:6
- “Create in me a clean heart, O God...” – Psalm 51:10
- “Jesus was led by the Spirit into the wilderness...” – Matthew 4:1



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 **My Prayer for This Season:**



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