

Flying V Tracker

Week of _____

Virtues	Definitions & Descriptors	M	T	W	T	F	S	Total
Humility	Modest opinion of one's own importance. Humble, respectful, servile, deferential.							
Charity	Voluntary giving of help to those in need. Alms-giving, benevolent, tolerant, compassionate.							
Kindness	The quality of being friendly, generous, and considerate. Friendly, generous, considerate, caring.							
Patience	The capacity to endure pain, difficulty, provocation, or annoyance with calmness. Tolerant, restrained, composed, indulgent, resolute, strong, serene, enduring.							
Chastity	The state or quality of being chaste; moral purity. Celibate, pure, innocent, abstinent, virtuous.							
Temperance	Self-restraint in action. Self-controlled, self-disciplined, abstinent, moderate.							
Diligence	Careful and persistent work or effort. Conscientious, dedicated, committed, tenacious.							
Total Virtues	Total of virtue scores.							

L. Flying V Tracker
Week of _____

Vices	Definitions & Descriptors	M	T	W	T	F	S	Total
Pride	An excessively high opinion of oneself. Vain, arrogant, conceited, smug, egotistical, considering oneself to be superior.							
Greed	Extreme greed for wealth or material gain. Greedy, covetous, materialistic.							
Envy	A feeling of discontent or resentment aroused by a desire for someone else's possessions, abilities, status, or situation. Jealous, covetous, resentful, bitter, discontented, begrudging.							
Wrath	Angry, violent, or stern indignation. Angry, furious, outraged, annoyed, irritated, irate, mad.							
Lust	An inordinate craving for the pleasures of the body. Intensely desirous, passionate, full of yearning, longing, lascivious.							
Gluttony	An inordinate desire to consume more than what one requires. Insatiable, voracious, rapacious, piggish.							
Sloth	Reluctance to work or make an effort. Lazy, idle, inactive, inert, sluggish, shiftless, apathetic, listless, lethargic.							
Total Vices	Total of vice scores.							
Net Score	Subtract total vices from total virtues.							