

JESUS-CENTERED
HEALTHY HABITS
JOURNAL INSERT

Jesus, here are the things I'm thankful for right now related to my diet/fitness/health:

Jesus, without judgment and without editing myself, here's how I'm feeling about myself right now:

>> Pause to let him respond to your feelings. What do you hear him say?

Jesus, please reveal any insights to me from my food journal or health habits that'll help me grow:

My wellness ups and downs from the week:

Jesus--what would you change (if anything) about my health goals as I move into the next week:

JESUS-CENTERED
HEALTHY HABITS
FOOD JOURNAL INSERT

MONDAY >>

Breakfast:
Lunch:
Dinner:
Snacks:

TUESDAY >>

Breakfast:
Lunch:
Dinner:
Snacks:

WEDNESDAY >>

Breakfast:
Lunch:
Dinner:
Snacks:

THURSDAY >>

Breakfast:
Lunch:
Dinner:
Snacks:

FRIDAY >>

Breakfast:
Lunch:
Dinner:
Snacks:

SATURDAY >>

Breakfast:
Lunch:
Dinner:
Snacks:

SUNDAY >>

Breakfast:
Lunch:
Dinner:
Snacks:

**NOTES (EX. GROCERY LIST,
MEAL IDEAS) >>**