

SAMPLE

- ① *Day 24* December 8, 2009
- ② **Prayer**
Dear God – I pray that You instill in me a responsibility to care for my body, to nourish and sustain it. In Jesus’ name, I pray.
- ③ **Reflection**
What events are coming up in your life that may require pre-planning?
My sister’s wedding. I plan to keep a drink of water in my hand at all times so that I don’t pick at the buffet with a free hand. I plan to not stand near the buffet table. I plan to fill up on healthy choices first.
- ④ **Exercise**
What type of activity did you participate in today?
✓ **Walking** **45 minutes**
✓ **Strength program B** **30 minutes**
✓ **Flexibility video** **15 minutes**
- ⑤ **Healthy Eating**
What healthy food choices did you make today? **I ate one extra piece of fruit today**
How many glasses of water did you drink today? **8 glasses**
- ⑥ **Fit Tip**
Myth: If you exercise a lot you need to have extra protein in your diet.
Fact: Most people get more than enough protein in their diet. The average person, even if she exercises a lot, does not need a high-protein powder, drink, tablet, capsule or bar. Feeding your body more protein than it needs won’t help. Excess protein is converted to energy and then burned up or stored as fat.
- ⑦ **Bible Truth**
The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance. (2 Peter 3:9)
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- ① **Day:** Each day record the date at the top of the page.
- ② **Prayer:** A prayer has been written for you. You may read this prayer, reflect and meditate on it, or you may choose to offer your own prayer to God.
- ③ **Reflection:** You are offered a question to meditate on and respond to, or you may be more in the mood to write about your own experiences.
- ④ **Exercise:** Record the type of activity that you do, the time and intensity. This is an awareness program that holds you accountable to active living.
- ⑤ **Healthy Eating:** Each day, you will be asked about what healthy food choices you made that day and the amount of water that you drank.
- ⑥ **Fit Tip:** Each day offers a fit tip to dispel common health and fitness myths.
- ⑦ **Bible Truth:** A verse from Scripture is provided for you to keep you in the Word. Ask God to reveal truths and speak to your heart through the readings.