

One Day At A Time

DATE:

(S) (M) (T) (W) (T) (F) (S)

MOOD:



BUT FIRST, PRAYER.

☐


PERSONAL
IMPROVEMENT

☐

☐

TODAY'S BIBLE
PROMISE

SLEEP GOAL

☐

UNPLUG/WIND DOWN

☐
☐
☐


EXERCISE:



WALK AFTER
MEALS

☐
☐
☐

HIIT

☐

WATER INTAKE:

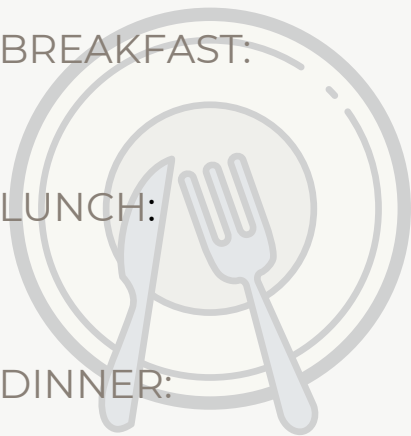


MEAL PLANNING

BREAKFAST:

LUNCH:

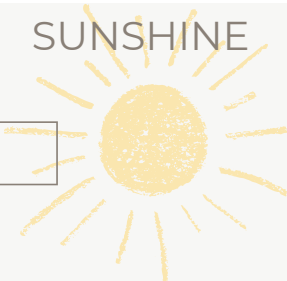
DINNER:



FOCUSED REST

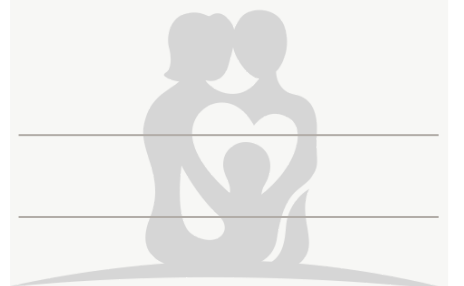


SUNSHINE

☐


TODAY I AM
GRATEFUL FOR

OTHER



One Day At A Time

DATE:

(S) (M) (T) (W) (T) (F) (S)

MOOD:



BUT FIRST, PRAYER.

Spend meaningful
time in prayer



PERSONAL
IMPROVEMENT

S.M.A.R.T Goals



SLEEP GOAL

6-8 hours

UNPLUG/WIND DOWN

Allow your brain
and mind to relax
for optimal,
restorative sleep



EXERCISE:

10-MINUTE WALK
AFTER MEALS



TODAY'S BIBLE
PROMISE

ANY PARTICULAR
PROMISE WITHIN THE
DAY'S READING.

COMMIT IT TO
MEMORY AND RECITE
THE PROMISE
THROUGHOUT THE
DAY

IN SERVICE

VOLUNTEER. GET
INVOLVED.



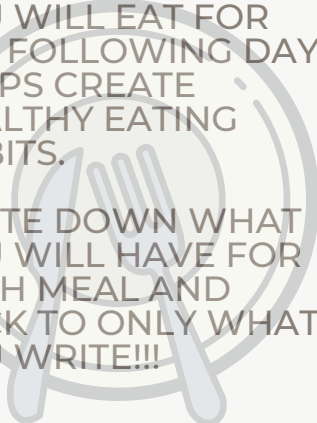
WATER INTAKE:



MEAL PLANNING

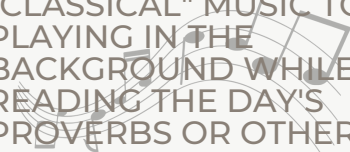
JOURNALING WHAT
YOU WILL EAT FOR
THE FOLLOWING DAY
HELPS CREATE
HEALTHY EATING
HABITS.

WRITE DOWN WHAT
YOU WILL HAVE FOR
EACH MEAL AND
STICK TO ONLY WHAT
YOU WRITE!!!



FOCUSED REST

"CLASSICAL" MUSIC TO
PLAYING IN THE
BACKGROUND WHILE
READING THE DAY'S
PROVERBS OR OTHER
BIBLE READING PLAN



SUNSHINE

STRIVE TO GET 20
MINUTES OF DIRECT
SUNSHINE (EVEN ON
CLOUDY DAYS)



TODAY I AM
GRATEFUL FOR

OTHER

