

week1 DAY 1

date



Vegetables 1 2 3 4 5 6 7 8 9 10



Fruits 1 2 3 4 5 6 7 8 9 10



Whole Grains 1 2 3 4 5 6 7 8 9 10



Starches 1 2 3 4 5 6 7 8 9 10



High Calcium Foods 1 2 3 4 5 6 7 8 9 10



High Protein Foods 1 2 3 4 5 6 7 8 9 10



Oils & Other Fats 1 2 3 4 5 6 7 8 9 10



Water 1 2 3 4 5 6 7 8 9 10

Other foods and beverages _____



■ Number of steps _____

■ Other exercise (minutes) _____

■ Did you read your Scripture and devotions today? Yes | No

■ Did you pray for others today? Yes | No

■ How did you “live well” today?

thoughts needs feelings

Be still, and know that I am God.

Psalm 46:10a