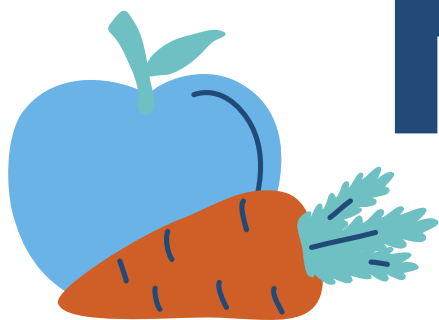


Journey to Joyful Health



HEALTH JOURNAL



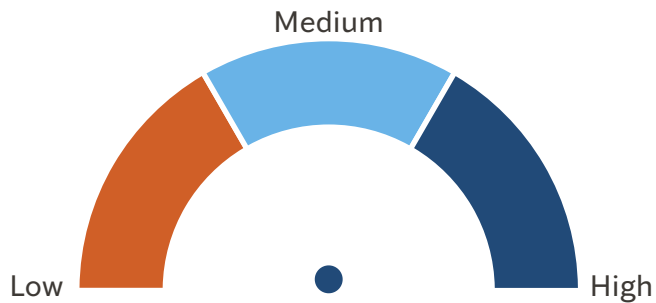
Pension Fund
of the Christian Church
strong. smart. secure.

DAILY HEALTH CHECK-IN



Movement I Enjoyed Today

Energy Check-In



Rest & Recovery

Hours Slept:

Quality of Sleep:

Relaxation Activities:

Mindful Eating

Hydration: 

Breakfast:

Lunch:

Dinner:

Snacks:

Drinks:

How do I feel about today's choices?

Body Appreciation

I am grateful my body allowed me to:

Take care of your body. It is the only place you have to live.

- JIM ROHN, ENTREPRENEUR



WEEKLY Meal PLAN

MONTH:

WEEK :

Shopping LIST

| | BREAKFAST | LUNCH | DINNER | SNACKS |
|-----------|-----------|-------|--------|--------|
| MONDAY | | | | |
| TUESDAY | | | | |
| WEDNESDAY | | | | |
| THURSDAY | | | | |
| FRIDAY | | | | |
| SATURDAY | | | | |
| SUNDAY | | | | |