

# USE:

PERSONAL USE / OFFLINE MINISTRY--SUCH AS LADIES GROUPS, SUNDAY SCHOOL CLASSES, ETC. MAY NOT SELL IN ANY FORMAT.

Ministry Art Creatives.com

# WELLNESS GOALS 🏏

THIS MONTH I WANT TO FEEL/BE:

MY TOP 3 GOALS ARE:

MY STRUGGLES MIGHT BE:

MY ACTION PLAN IS:

**MY WHY** THAT KEEPS ME MOVING TOWARD MY GOALS:

### TODAY'S DATE:

VIT/SUPP/MEDS:

I'M GRATEFUL FOR:

TODAY'S GOAL IS:

TODAY'S SELF-CARE:

## TODAY'S MOTIVATING THOUGHT:

Breakfast	Lunch
Dinner	Snack
Dinner	Snack
Dinner	Snack

MY WORKOUT PLAN					
EXERCISE	SETS/REPS	WEIGHT	TIME	DISTANCE	NOTES



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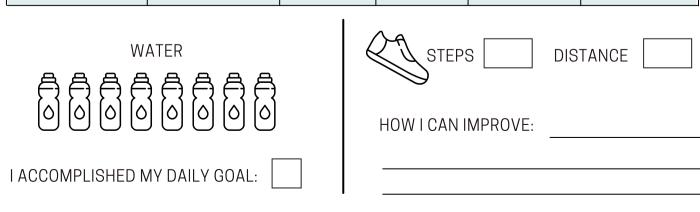
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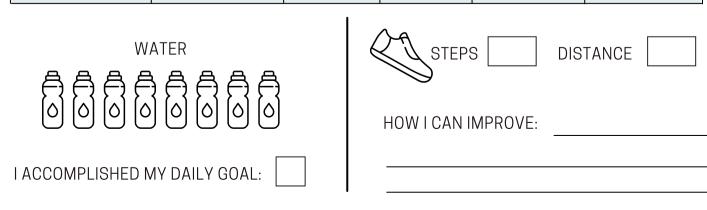
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WATER	STEPS DISTANCE
	HOW I CAN IMPROVE:
I ACCOMPLISHED MY DAILY GOAL:	

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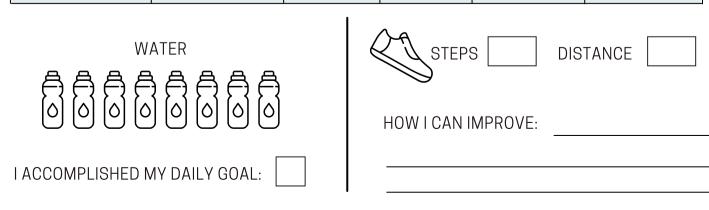
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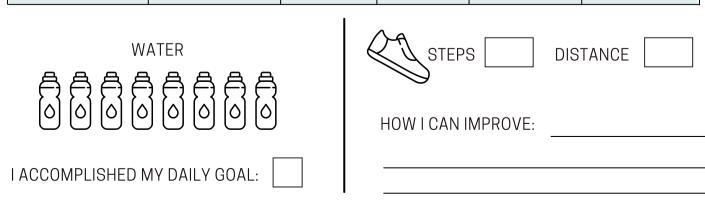
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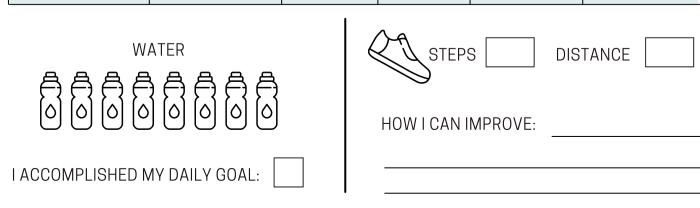
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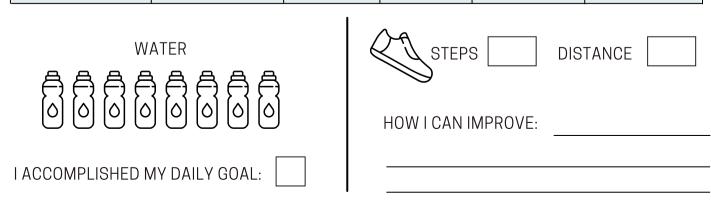
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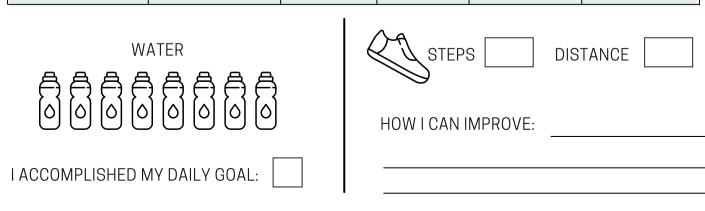
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Breakfast	Lunch
Disease	
Dinner	Snack
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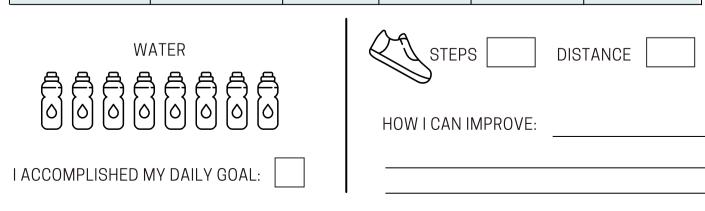
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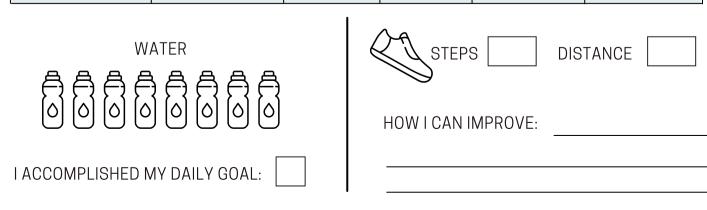
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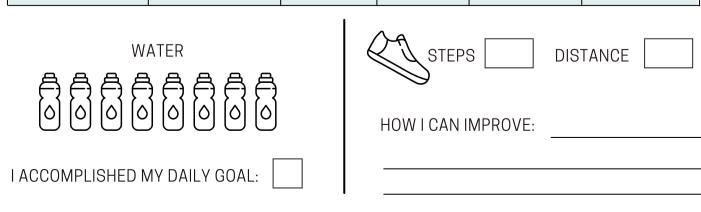
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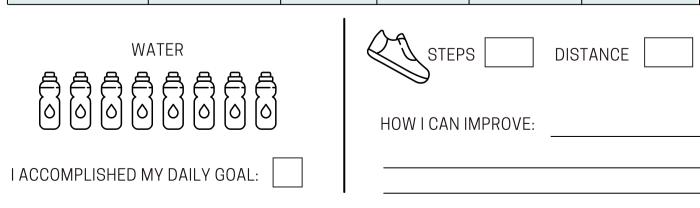
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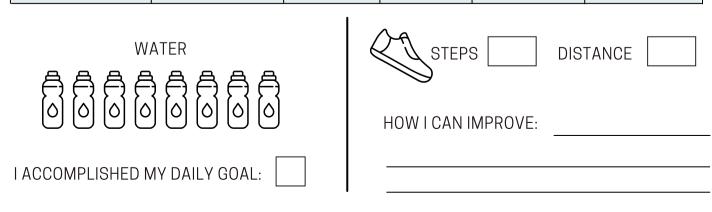
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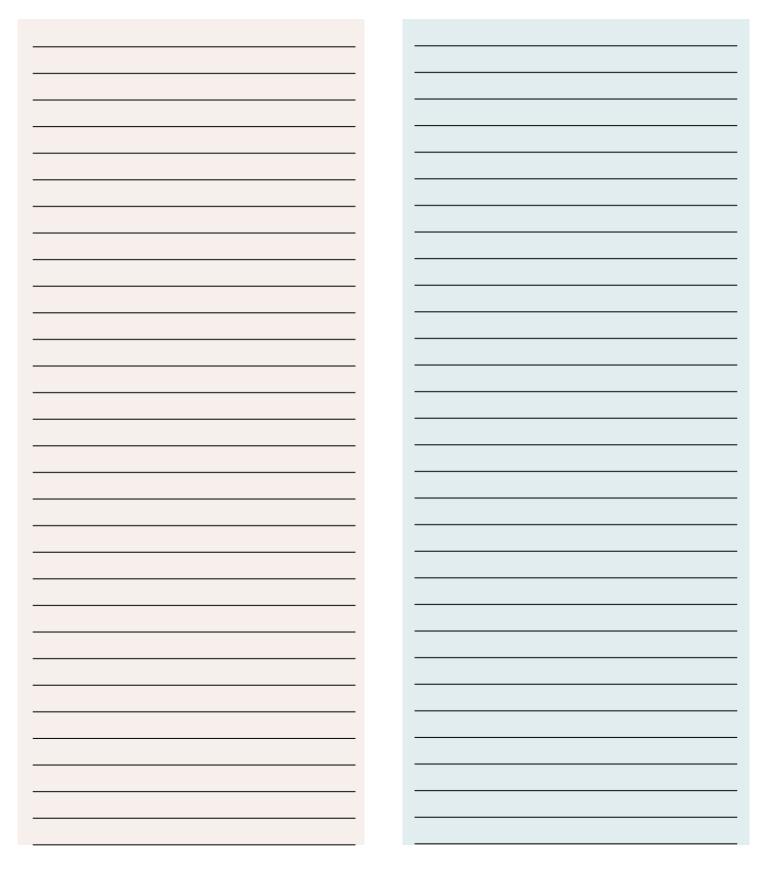
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Breakfast	Lunch
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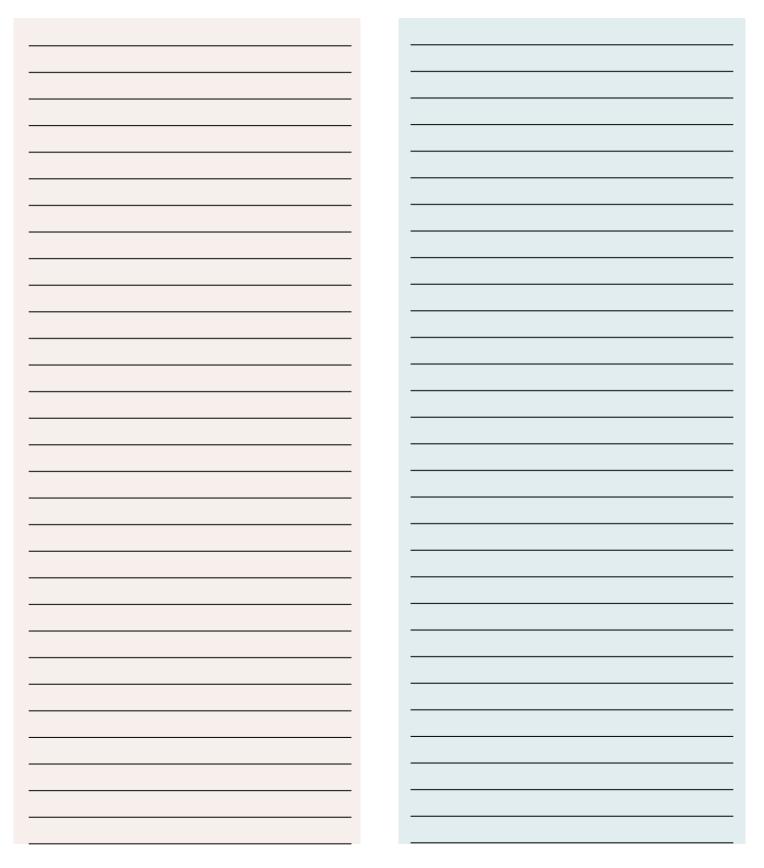
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WATER R R R R R R R R R	STEPS DISTANCE
	HOW I CAN IMPROVE:
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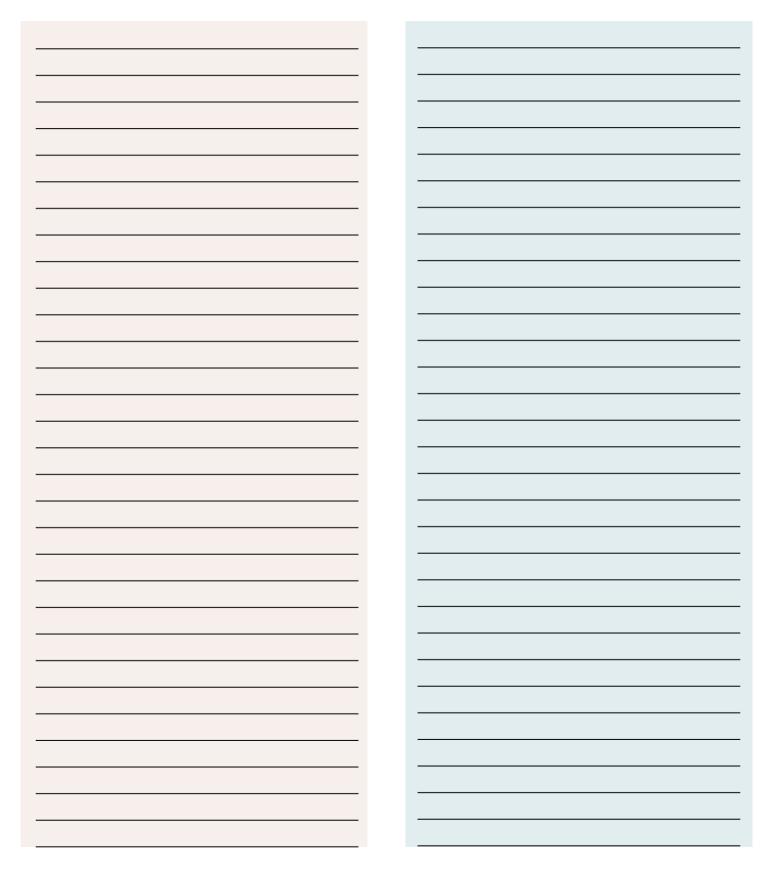
# GROCERY LIST V Week 1



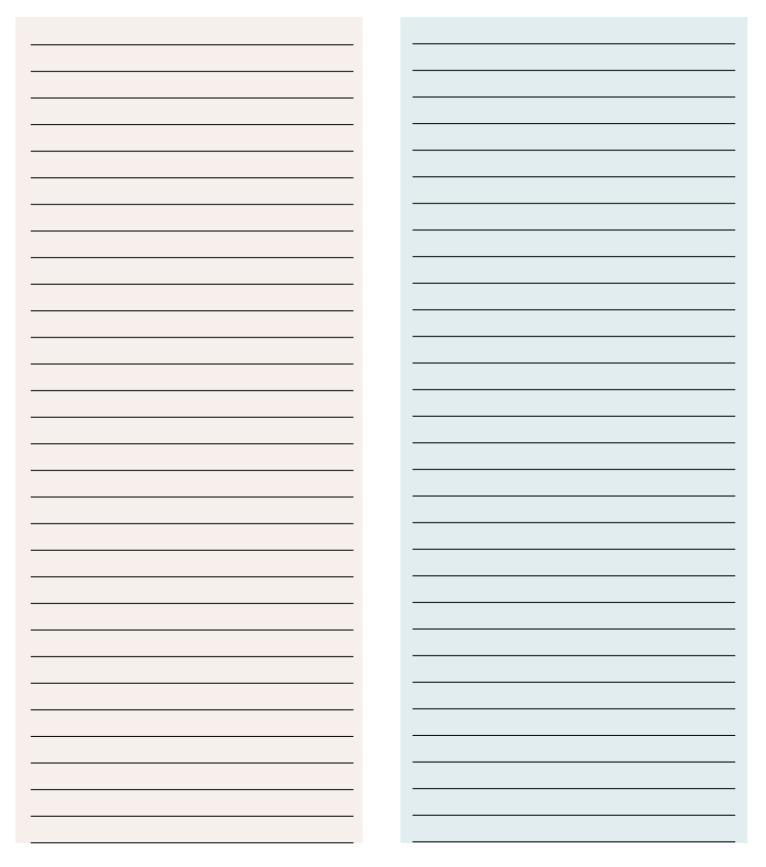




# GROCERY LIST V Week 3









	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				



	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				



	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				



	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

# 

WHAT I ACCOMPLISHED THIS MONTH:

HOW DO I FEEL ABOUT MY ACCOMPLISHMENTS?

WHAT AM I MOST PROUD OF?

WHAT CHANGES CAN I MAKE TO IMPROVE?

MY NEXT 30 DAY INTENTIONS ARE: