



30-DAY
WELLNESS

Jump Start

MinistryArtCreatives.com

USE:

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

MinistryArtCreatives.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:

MY DAILY WELLNESS

TODAY'S DATE: _____

TODAY'S MOTIVATING THOUGHT: _____

VIT/SUPP/MEDS:

I'M GRATEFUL FOR: _____

TODAY'S GOAL IS:

MY DAILY MEALS:

Breakfast	Lunch
Dinner	Snack

TODAY'S SELF-CARE:

MY WORKOUT PLAN

EXERCISE	SETS/REPS	WEIGHT	TIME	DISTANCE	NOTES

WATER



I ACCOMPLISHED MY DAILY GOAL:



STEPS

DISTANCE

HOW I CAN IMPROVE: _____

MY DAILY WELLNESS

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GROCERY LIST



Week 4

A vertical rectangular area with a light beige background, containing 25 horizontal black lines for writing.

A vertical rectangular area with a light blue background, containing 25 horizontal black lines for writing.

WEEKLY MEAL PLAN

Week 1

BREAKFAST

LUNCH

DINNER

SNACK

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

WEEKLY MEAL PLAN

Week 2

BREAKFAST

LUNCH

DINNER

SNACK

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

WEEKLY MEAL PLAN

Week 3

BREAKFAST

LUNCH

DINNER

SNACK

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

WEEKLY MEAL PLAN

Week 4

BREAKFAST

LUNCH

DINNER

SNACK

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

30 DAY REFLECTION

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:
