

## Weekly Food Intake Journal:

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Goal: \_\_\_\_\_

Accountability Partner: \_\_\_\_\_

**Weekly Memory Verse:**

1 Corinthians 10:31 - So, whether you eat or drink, or whatever you do, do all to the glory of God.

<b>Day:</b>		
<b>Time to Bed:</b>		<b>Time Awake:</b>
<b>Type of Exercise:</b>	<b>Length of Exercise:</b>	<b>Motive for Exercise: (circle one) Godly -----Sinful</b>
<b>(Record of Food Intake)</b>		
<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Snacks:</b>	<b>Snacks:</b>	<b>Snacks:</b>

<b>Devotional:</b>		
<b>Prayer Time:</b>	<b>Yes or No</b>	<b>Passage Read:</b>
What did you learn?		
Where will apply what you have learned?		
Weekly Struggles: (List some of the difficulties this week: attitude or actions that displease God)		
Weekly Praise: (List some of the praises you experienced this week: attitude or actions that are pleasing to God)		