

YOUR HEALTH, YOUR LIFE, YOUR CHOICE

WORKBOOK

WELCOME & CONGRATULATIONS

Congratulations! You have chosen to improve your health and your life by purchasing this workbook. Your health and your life are your choice, and they are your responsibility. The main purpose of this workbook is to help you to apply the health and life changing principles that you have learned through any of the GOD-BUILT HEALTH AND LIFE programs and from the information in this book. To know and understand these principles, of which the most important ones come from the Word of God, can literally change your life. But remember, there is no power to you personally unless you take action and take action consistently.

This YOUR HEALTH, YOUR LIFE, YOUR CHOICE WORKBOOK is your tool to use in order to establish a daily action plan, applying His principles, and progressively implementing more health and life changing principles throughout this 40 day journey.

HOW TO USE THIS WORKBOOK

Go through read and study the given information. At the back of the workbook is a 40 Day Journal that is for you to personally fill out each day. No, you are not going to have to fill out a journal the rest of your life. This is only for 40 days. If you want to or need to continue with a journal after the 40 days, then do it. Most of us, yes me too, are not going to fill out a journal for the rest of our lives, and hey, we should not have to. My goal for you is that once you have committed to filling this journal out for 40 days and listing all the specifics requested, then you will gain the following:

- A much better understanding of what you are or are not doing daily concerning your health and life – words, thoughts, eating habits, exercise habits
- A trackable information guide that can be used to find out if something is missing in your daily actions in the case you are not getting results.
- A habit of doing the right things.

**Go to page 22 for specifics on HOW TO FILL OUT THE JOURNAL

THE PLAN

“40 DAYS”

YOU CHOOSE TO MAKE THE NEXT 40 DAYS **CHANGE YOUR LIFE FOREVER**. THIS PLAN IS ONLY AS GOOD AS YOUR COMMITMENT TO YOURSELF, YOUR HEALTH AND YOUR LIFE. IF **YOU WILL COMMIT** TO MAKING THIS PLAN WORK FOR YOU, TO PRODUCE GREAT POSITIVE IMPROVEMENTS IN YOUR HEALTH AND YOUR LIFE, THEN **IT WILL (YOU WILL)**.

*ALSO YOU **MUST EXPECT** THAT YOUR NEW HEALTH AND LIFE ACTIONS THAT YOU WILL HAVE APPLIED FOR 40 DAYS WILL CREATE AND OR BE CREATING **NEW HABITS** THAT WILL LAST A LIFETIME AND PRODUCE “THE GOD KIND” OF HEALTH AND LIFE PROSPERITY.

THE PLAN WILL BE SET UP ON THE FOLLOWING SCHEDULE:

3 DAYS ON, 1 DAY OFF, 2 DAYS ON, 1 DAY OFF = 7 DAYS / 1 WEEK

THE DAYS “OFF” ARE BASICALLY DAYS THAT WE RECOMMEND YOU

- 1) REDUCE YOUR EXERCISE INTENSITY / VOLUME
- 2) EAT ANYTHING YOU WANT, MUST KEEP QUANTITY LOW
- 3) USE THESE “OFF” DAYS WISELY
 - a. THESE DAYS ARE NOT FOR YOU TO “BINGE”.

WHY “OFF” DAYS? – IT HAS BEEN MY EXPERIENCE THAT TO BEGIN WITH, MOST PEOPLE NEED TO SEE THAT THEY ARE GOING TO HAVE SOME GIVEN “DAYS OFF” DURING A WEEKLY CYCLE. EVEN THOUGH OUR GOAL IS TO GET YOU TO A “ALWAYS ON” MINDSET, SOMETIMES THIS CAN BE OVERWHELMING TO START WITH.

*REALIZE THAT YOUR “OFF” DAY IS NOT A REWARD DAY. YOU MUST BE EXTREMELY CAREFUL ABOUT MAKING “GETTING TO EAT WHAT YOU WANT” A REWARD. YOUR REWARD FOR TAKING POSITIVE HEALTH AND LIFE ACTIONS IS IMPROVED HEALTH AND LIFE, POINT BLANK. DO NOT USE FOOD AS A REWARD!

YOU CAN MAKE ANY ADJUSTMENTS NEEDED FOR ANY SPECIAL CONCERNS YOU HAVE. REMEMBER THOUGH, FOR BEST RESULTS YOU NEED TO STICK AS CLOSE TO THE PLAN AS POSSIBLE. AND REMEMBER, STICK TO THE BASICS OF THE SYSTEM LAID OUT, NOT LEAVING OUT ANY PARTS.

BIGGER PURPOSE

You have to establish a strong enough reason for improving your health such that when times get tough, your Bigger Purpose will be a solid foundation that you can count on to hold you through and keep you going.

The following are reasons that probably will not hold you through tough times. Remember the following purposes are valid and important, but usually not strong enough to be your foundation.

- looking better, feeling better, losing weight, lowering cholesterol, lowering blood pressure, etc
- better shape for family, reducing chance of sickness / disease, etc.

GOD IS THE REASON

To serve God with your body and to honor Him by taking better care of your body is the only purpose that will provide for you a 100% sure, strong foundation that absolutely can not be shaken. With God as your Bigger Purpose you will still go through tough times and challenges. The difference is that no matter what happens, He is bigger.

“Do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.” 1 Corinthians 6:19 - 20

- 1- REALIZE THAT YOU ARE RESPONSIBLE TO HIM FIRST FOR WHAT YOU DO OR DO NOT DO TO YOUR BODY. – eating, exercise, etc.
- 2- KNOW THAT HE ONLY WANTS WHAT IS BEST FOR YOU AND IF YOU CHOOSE TO HONOR HIM, HE WILL REWARD YOU IN YOUR HEALTH FOR YOUR CHOICE
- 3- CHOOSING TO HONOR HIM FIRST WILL CREATE AN UNSHAKEABLE FOUNDATION AND IT WILL CARRY YOU THROUGH ANY CIRCUMSTANCES AND BRING YOU TO A LEVEL OF HEALTH THAT WILL EXCEED ANYTHING YOU COULD DO ON YOUR OWN

“Do not be wise in your own eyes; Fear the Lord and depart from evil. It will be health to your body, and strength to your bones.” Proverbs 3:7-8

- To fear God means to properly recognize, respect, and honor Him.
- As you respect and honor God, it literally brings health to your body

GET THE ORDER, KEEP THE ORDER

ONE OF THE MOST IMPORTANT COMPONENTS OF THIS PLAN IS FOR YOU TO REALIZE THAT:

- 1) THERE IS A SPIRIT, SOUL, THEN BODY ORDER TO YOUR HEALTH
 - a. YOU MUST GET AND KEEP THIS ORDER CORRECT
- 2) YOU CAN AND YOU MUST GAIN AND KEEP CONTROL OF YOUR MIND WILL AND EMOTIONS
 - a. IF YOU DO NOT CHOOSE TO CONTROL THESE, THEY WILL CONTROL YOU. NO MATTER HOW GREAT OF A JOB YOU DO WITH THE NUTRITION AND EXERCISE, IF YOU DO NOT GAIN CONTROL OF AND CHOOSE TO CONSISTENTLY **“RENEW” YOUR MIND WILL AND EMOTIONS** THEN YOU WILL NEVER REACH “GOD’S BEST” FOR YOUR HEALTH AND YOUR LIFE.

DAILY SPIRIT & SOUL CONFESSION RECOMMENDATIONS

(I recommend that you write these down on a card, etc. and put them in a place that you will see them on a daily basis (fridge, computer, car). It will be very important to speak and think on the following on a continual basis. Remember, your words and your thoughts are extremely powerful, and yes they are always working for you or against you. You choose right now to make your words and thoughts work for your good.)

- 1- I CHOOSE TO PUT GOD 1ST PLACE IN MY HEALTH & MY LIFE. I CHOOSE TO HONOR HIM IN MY HEALTH BY SPEAKING AND THINKING CORRECTLY, EXERCISING MY BODY, AND MAKING GREAT DIETARY CHOICES.
- 2- I CHOOSE TO CONTROL MY EMOTIONS TODAY. I ABSOLUTELY REFUSE TO LET MY EMOTIONS CONTROL ME.
- 3- I CHOOSE TO BE A THANKFUL PERSON. I CHOOSE TO NOT LET STRESS OR WORRY CONTROL ME, I CONTROL THEM. GOD IS FOR ME, SO NO ONE OR NOTHING CAN STOP ME.
- 4- I CHOOSE TODAY AND FROM THIS DAY FORWARD TO TAKE CONTROL OF MY HEALTH AND MY LIFE, THEREFORE CHOOSING TO STEER MY HEALTH AND MY LIFE IN THE RIGHT DIRECTION, INTO PROSPEROUS LIVING.

“GOD HAS ALREADY GIVEN YOU, PUT INSIDE OF YOU, EVERYTHING YOU NEED TO SUCCEED IN YOUR HEALTH AND YOUR LIFE. YOU ONLY HAVE TO CHOOSE TO BELIEVE THAT HE WANTS YOU TO WALK IN ABUNDANT HEALTH AND LIFE, AND THAT HE HAS FULLY EMPOWERED YOU TO DO SO. IF YOU TRULY BELIEVE, THEN YOUR ACTIONS WILL LINE UP. ONCE YOU PERFORM THE APPROPRIATE ACTIONS LONG ENOUGH SUCH THAT YOU DEVELOP LIFE PRODUCING HABITS, NOW THOSE HABITS WILL PRODUCE FOR YOU A PROSPEROUS FUTURE.” KJ

THE POWER OF POSITIVE WORDS AND THOUGHTS

What you say and think can & will affect your health and your life, either good or bad. God designed us such that we would produce powerful and positive results by directing our words and our thoughts towards success. Everyone directs their health and life with their words and thoughts, but most are reaping bad results in their health and life because their words and thoughts are negative. Here are some important points to remember about your words and thoughts:

- 1- Your Words and Thoughts will steer your life one way or the other
- 2- Your Words and Thoughts are always your choice
- 3- Your Words and Thoughts will produce positive or negative results in your health and your life whether you believe it or not.
 - a. Science has proven over and over that your health is affected by your words and thoughts
- 4- Your Words and Thoughts will have more power over your success in your health than exercise or nutrition
- 5- You can change your health and your life by changing your Words and Thoughts

The tongue has the power of life and death, and those who love it will eat its fruit.

Proverbs 18:21

If anyone does not stumble in word, he is a (mature) man, able also to bridle the whole body.

James 3:2

A sound mind makes for a robust body, but runaway emotions corrode the bones.

Proverbs 14:30

As he thinks in his heart, so he is.

Proverbs 23:7

The tongue is so set among our members, that it defiles the whole body.

James 3:6

Realize that your words and thoughts are very powerful concerning your health and your life. Realize that you do have 100% choice in the matter.

You can choose to speak and think positive if you choose to.

Start today by recognizing areas that you need to improve. Then make sure to speak and think positive concerning these areas of life. And remember it is always a choice.

*(You will not always be able to control every thought that comes to you, but you absolutely can control whether or not you think on that thought.)

“I choose to positively direct and change my life, using powerful positive words and thoughts. Even when I do not feel healthy / successful, I will still choose to speak and think healthy and successful.

After all it is MY HEALTH, MY LIFE, MY CHOICE.”

POSITIVE CONFESSIONS & THOUGHTS

THE FOLLOWING IS A LIST OF POWERFUL, POSITIVE STATEMENTS THAT YOU SHOULD CONTINUALLY CHOOSE TO THINK ON AND SPEAK. CHOOSE 1+ STATEMENTS PER DAY TO MEDITATE ON AND SPEAK OUT LOUD TO YOURSELF. THIS IS TRULY LIFE CHANGING.

*Remember, in life you are constantly presented “negative” thoughts of fear, failure, and lack, especially when you set out to do something positive in your health and life. You have to choose to “kick out” those negative thoughts and choose to fill your mind with positive life giving thoughts, even if you do not “feel” like it.

- I am responsible to honor God with my body in how I take care of it. I choose to take care of my body with proper exercise and nutrition.
- It is my health, my life, and my choice. I choose to take control of my health and my life.
- I choose to not think on negativity. I choose to turn my thoughts and my words to positive powerful statements, producing life in my life.
- I choose to control my emotions. I take full responsibility and I choose to not allow my emotions to control me.
- Even if I can't see it right now, I still choose to speak what I want to see in my life. I will consistently speak it, think it, and act on it, fully expecting to see it.
- I can and do choose to overcome any obstacle that comes along my path.
- If God is for me, then who (or what) can be against me.
- Food will not control me. I absolutely will and do control food.
- I choose to be thankful in all things. I choose to be a very thankful person.
- I choose to be a giver. I love to help and encourage others.
- Nothing is going to stop me from receiving God's best for me in my health and my life. I absolutely refuse to accept less than best.

IT IS YOUR HEALTH, YOUR LIFE, YOUR CHOICE
CHOOSE TO SPEAK IT, THINK IT, ACT IT, LIVE IT.

CONTROLLING EMOTIONS

Your Emotions will and do effect your health. Remember that we have to “Renew” our mind, will, and emotions in order to reach and sustain improved levels of health. The following are key points to remember when it comes to emotions.

- Emotions absolutely can be controlled , IT IS YOUR CHOICE
- Positive Emotions have positive effects on the body, Negative Emotions have negative effects
- Most negative emotions, if not all, come from 2 sources – 1) Fear 2) Selfishness / Pride
- All negative emotions will negatively affect the body – minor to severe side effects
- Negative emotions can definitely override good nutrition and exercise
 - o *May not totally override, but definitely will work against them
- Some Negative Emotions
 - o Stress, Anxiety, Jealousy, Unforgiveness

“A sound mind makes for a robust body, but runaway emotions corrode the bones.”

Proverbs 14:30

“A merry heart does good like medicine, but a broken spirit dries the bones.”

Proverbs 17:22

How To Overcome

- 1) Realize that emotions can steal, kill, and destroy your health and life
- 2) Make yourself aware of where negative emotions do or could exist in your everyday life
- 3) Get rid of fear and selfishness / pride
 - a. **“God did not give us a spirit of fear, but of power and of love and of a sound mind.”**
II Timothy 1:7
 - b. Be Thankful, Caring, & Loving
 - c. Focus on helping and serving others
 - d. ****Speak and Think only on positive things no matter how you feel or the circumstances**
- 4) Surround yourself with Positive People and a Positive Atmosphere
 - a. Find others that are going where you want to go or others who are already there
 - i. Exercise together
 - ii. Lunch, Dinner
 - iii. Bible Study, etc

DEEP BREATHING

MOST OF US BREATHE “SHALLOW” DURING THE DAY. THIS IS COMMON, ESPECIALLY WHEN WE GET TENSE, AND STRESSED. THERE ARE MANY HEALING BENEFITS OF FOCUSING ON DAILY DEEP BREATHING.

- CALMS YOU DOWN – MIND & NERVOUS SYSTEM
- MAKES ENTIRE RESPIRATORY SYSTEM MORE EFFICIENT AT PROCESSING AND DELIVERING OXYGEN TO BODY
- HELPS YOU TO MANAGE STRESS BETTER

HOW TO – *BEST TO PRACTICE BY LYING DOWN*

- BREATHE IN SLOWLY AND DEEPLY, LET BELLY EXTEND OUT
- SLOWLY LET AIR OUT, BELLY RELAXES BACK IN
- TAKE AT LEAST 10 SLOW DEEP BREATHESES
 - o DO THRUOUT DAY, ESPECIALLY IF STRESSED

LAUGHTER IS A MEDICINE

“A merry heart doeth good like a medicine..” Proverbs 17:22

One way to be “merry hearted” is to laugh.

Have yourself a good ole “belly laugh” per day.

ACCORDING TO RESEARCH LAUGHTER

- Helps the body to maintain good Blood Flow

STUDIES SUGGEST THAT A POSITIVE OUTLOOK ON LIFE AND LAUGHTER IS ASSOCIATED WITH:

- Boosting Immune System
- Reduced Pain
- Reduced Allergy symptoms
- Lifts your mood
- Reduces effects of stress
- Lower Blood Sugar levels

LAUGHTER IS SOMETHING THAT COMES TO US SOMETIMES OUT OF NOWHERE WHEN SOMETHING FUNNY HAPPENS. ALSO, YOU CAN FORCE YOURSELF TO LAUGH. IT IS A CHOICE. IF YOU START LAUGHING EVEN IF YOU DO NOT FEEL LIKE IT, YOU WILL START TO “REALLY” LAUGH AND GAIN THE HEALING BENEFITS OF LAUGHTER.

SO LAUGH, EVEN IF YOU HAVE TO MAKE YOURSELF.

COMMITMENT & GOAL SHEET

IT IS IMPORTANT TO REALIZE THAT SETTING SHORT TERM GOALS WITHOUT FIRST ESTABLISHING A STRONG FOUNDATION AND A LONG TERM COMMITMENT, WILL INEVITABLY SET YOU UP FOR FAILURE.

#1

YOU HAVE TO ESTABLISH A BIGGER PURPOSE AND A "ONCE AND FOR ALL" MINDSET TOWARDS IMPROVING YOUR HEALTH & YOUR LIFE.

MY BIGGER PURPOSE IS

(*Remember that your Bigger Purpose has to be something big and strong enough that will create for you an unshakeable foundation.)

#2

NOW YOU HAVE ESTABLISHED AND SET YOURSELF A STRONG FOUNDATION. THE NEXT STEP IS TO SET SOME SPECIFIC / GENERAL GOALS AND THEN MAKE SOME COMMITMENTS.

List things that you want to change and improve (spiritually, mentally, emotionally, and or physically)

Then beside or under that list steps you can take to improve in that area and a target date you plan on achieving that goal.

*Remember having short term goals is a powerful way to motivate and direct you, but you must remember that your main objective is your life long commitment to improved health and life.

NUTRITION

7 RULES FOR SUCCESS

1. GOD FIRST IN NUTRITION

- a. NO IDOLS BEFORE HIM
- b. HONOR HIM IN YOUR BODY
- c. WHAT YOU EAT DOES MATTER

2. YOU CHOOSE TO BE IN CONTROL

- a. IT ABSOLUTELY IS YOUR RESPONSIBILITY
- b. YOU ABSOLUTELY CAN
- c. QUALITY – MAKE BETTER CHOICES
- d. QUANTITY – ALWAYS CONTROL THIS

3. EAT TRUE WHOLE, ALL NATURAL FOODS “GOD – INTENDED”

- a. FOODS THAT ARE AS CLOSE TO THE ORIGINAL DESIGN THAT GOD DESIGNED THEM TO BE
- b. WHOLE VEGETABLES, FRUITS
- c. MINIMALLY PROCESSED
- d. PURE WATER

4. EAT 4-5 SMALLER, NUTRIENT RICH MEALS PER DAY

- a. BOOST METABOLISM
- b. HOLD DOWN HUNGER

5. BALANCE EVERY MEAL

- a. EACH MEAL TO INCLUDE HIGH QUALITY SOURCE OF CARBOHYDRATES, PROTEIN, FAT
- b. PROTEIN AND OR FAT ALONE = GOOD (most of the time)
- c. CARB ALONE = NOT GOOD (MOST OF TIME)

6. 80 – 20 OR BETTER

- a. 80%+ OF MEALS “ON”, 20%- OF MEALS “OFF”
- b. ALWAYS “ON” WITH QUANTITY

7. HIGH QUALITY NUTRITIONAL SUPPLEMENTS

- a. Nutrient dense, whole food based
- b. Meant to “add to” your already high quality diet

NUTRITION SHAKES

Nutritional shakes / smoothies are great for getting a quick, high quality meal.

The following is a list of some of the many benefits of shakes / smoothies.

- Full meal replacement or a snack
- Quick and easy
- Easy to add any ingredients for higher nutrition count
- Use for Weight Loss or Weight Gain or Maintenance
- Easily taken to work (use a shaker bottle so can shake up when ready – keep cold)
 - *usually, especially w/ fruits, the quicker you drink the more nutrients still alive

Main foods to get in your shake

Great quality sources in every shake for – carbohydrates, proteins, fats

Fruits – any kind you like that can be blended

Berries, grapes, cantaloupe, banana, melon, pineapple

Fruit juices – from whole fruit, no sugar added, not from concentrate

Whey Protein – NOW FOODS whey protein, any other high quality source

E.F.A.'s - Cold Pressed Flax Oil, Cod Liver Oil, Extra Virgin Coconut Oil

Sample Shakes

1 serv frozen berry mix
1 small banana
15 – 25 gm whey protein
1 tsp EFA oil

1 serv blueberries
1 serv frozen strawberries
1 serv cantaloupe
6 oz organic milk
1 tsp EFA oil

2 serv frozen berry mix
6 oz apple juice
15 – 25 gm whey protein
1 tsp coconut oil
1 tsp EFA oil

2 serv frozen berry mix
1 serv cantaloupe
1 tsp peanut butter
15 – 25 gm whey protein

higher calorie / nutrient
2 serv frozen berry mix
1 banana
8 oz organic milk
1 tbsp coconut oil
1 tsp EFA oil
15 – 25 gm whey protein

Key Points to Remember

- Use Organic / All Natural ingredients when possible
- Add Distilled Water and ice as needed **The colder the better
- EFA Oils are a great source for important fats, try to use it in most shakes
- Use 6-8 oz Organic Whole Milk when not using Whey Protein
- Fresh fruits are best, frozen fruits 2nd best
- 1 serving = fist size or ½ cup

NUTRITIONAL SUPPLEMENTS

THE FOLLOWING IS A LIST OF SUPPLEMENTS THAT I HIGHLY RECOMMEND. REMEMBER THOUGH, THESE ARE SUPPLEMENTS. THEY ARE NOT SUPPOSED TO TAKE THE PLACE OF HIGH QUALITY WHOLE FOODS. IN SOME CASES YES, MEAL REPLACEMENT POWDERS, FRUIT AND VEGETABLE JUICE / POWDERS, NUTRITION BARS ARE GREAT TO BE USED AS REPLACEMENTS FOR SOME MEALS, BUT THEY MUST NEVER COMPLETELY TAKE THE PLACE OF YOUR WHOLE FOODS.

THE RECOMMENDED BRANDS ARE THE ONES THAT I TRUST AND KNOW. YOU HAVE TO DECIDE IF IT IS WHAT YOU WANT. IF YOU HAVE DIFFERENT BRAND SUPPLEMENTS YOU TRUST, THEN THAT IS UP TO YOU.

*I RECOMMEND GOING TO THE INTERNET FOR THE BEST PRICE. ALL YOU HAVE TO DO IS "GOOGLE" THE SPECIFIC BRAND AND TYPE OF SUPPLEMENT AND SHOP FOR BEST PRICE.

**IF YOU ARE NOT COMFORTABLE WITH SHOPPING ON INTERNET THEN GO TO LOCAL HEALTH FOOD / HERB STORE.

MULTI VITAMIN & MINERAL "Daily"

GARDEN OF LIFE "VITAMIN CODE"

EFA "Daily"

GARDEN OF LIFE "OLDE WORLD COD LIVER OIL" lemon
GARDEN OF LIFE "CODmega" capsules

PROTEIN **choose a brand without artificial sweeteners

NOW FOODS "WHEY PROTEIN" Choc. Van. Straw.
PURE PROTEIN "Natural whey protein" Choc. Van. Straw

MEAL REPLACEMENT

GARDEN OF LIFE "PERFECT MEAL" paks or can
Advocare Perfect Meal (good one but does use sucralose)

NUTRITION BARS

GARDEN OF LIFE "PERFECT FOOD", "FRUITS OF LIFE"
CLIF "MOJO" (Walmart)
KIND trail mix bars, ZONE

WHOLE FRUIT AND OR VEGETABLE JUICE OR POWDER

GARDEN OF LIFE "PERFECT FOOD" *green superfood
NOW Foods Green Superfood

EXERCISE GUIDELINES

- **FIND A WAY TO “MOVE” EVERYDAY**
 - “5-10 minutes is a thousand times better than nothing.”
 - WALKING, STRETCHING, RESISTANCE CIRCUIT, BIKING, etc
 - FIND WAYS TO MAKE IT A POSITIVE THING
 - SPEAK & THINK POSITIVELY ABOUT IT
 - MAKE IT A FAMILY THING
 - VARIETY
 - CHOOSE A COMPETITIVE SPORT
 - FIND A FRIEND / S
- **FORM & CONTROL**
 - ALWAYS KEEP GREAT FORM & CONTROL NO MATTER WHAT
 - NO MATTER WHAT TYPE OF EXERCISE OR MOVEMENT
 - THE MORE INTENSE THE MORE IMPORTANT CONTROL IS
 - CORE TIGHT – belly button in & up to spine, good posture
 - NEVER SACRIFICE CONTROL FOR INTENSITY
- **IMPROVE**
 - FOCUS ON GRADUALLY IMPROVING AT YOUR OWN LEVEL

RECOMMENDATIONS

- **CIRCUIT / INTERVAL TRAINING**
 - MORE EFFICIENT FOR MOST PEOPLE
 - GO TO GOD-BUILT FITNESS CENTER or www.godbuilt.com MORE INFO
 - -workouts, videos, instruction
- **4 – 5 DAYS PER WEEK**
 - 10 MINUTES +
 - *FOCUS ON CONTINUALLY IMPROVING

DAYS 1 – 7 “KICK START”

2 OPTIONS

- 1- FOLLOW **7 DAY FAST / CLEANSE** (given on next page)
- 2- START WITH REGULAR PROGRAM (use program given for “Days 8-21”)

THIS WILL BE A LITERAL KICK START FOR YOU BODY.

THE GOAL IS TO HELP THE BODY TO DETOXYFY AND GIVE IT A BREAK FROM HAVING TO WORK SO HARD DEALING WITH ALL THE “BAD” STUFF YOU HAVE BEEN FEEDING IT.

THE BODY IS A MIRACLE IN ACTION. IT IS AMAZING AT HOW WELL IT CAN RUN AND THE AWESOME THINGS IT CAN DO EVEN WHEN GIVEN “CRAP” TO RUN OFF OF. SOONER OR LATER THOUGH, ALL THAT BAD STUFF CATCHES UP AND THE BODY WILL SLOWLY START TO BREAK DOWN AND STOP WORKING AS EFFECIENTLY. WHAT YOU EAT CAN LITERALLY KILL YOU, AND UNFORTUNATELY MOST PEOPLE ARE KILLING THEMSELVES EVERYDAY BY CHOOSING TO NOT FEED THE BODY THE RIGHT STUFF.

USE THIS 7 DAYS AS A RESTART, REFOCUS, OR WHATEVER YOU WANT TO CALL IT. THE MORE FOCUSED YOU ARE HERE, THE BETTER THE RESULTS YOU WILL GET FROM THE REMAINING 40 DAYS.

7 DAY NUTRITION PLAN

CREATE A NEW YOU, A BETTER YOU

GROW SPIRITUALLY, MENTALLY, PHYSICALLY (YOUR CHOICE)

SPIRITUALLY

- COMMIT THIS CHANGE TO GOD
- BY YOUR FASTING, YOU ARE LITERALLY TAKING A STEP OF FAITH TO NOT LET YOUR BODY AND OR FOOD CONTROL YOU
- IT IS GOD'S ORDER & DIRECTION FOR US TO HONOR HIM W/ OUR BODIES

MENTALLY (SOUL = MIND WILL AND EMOTIONS)

- CREATE A "RENEWED" MINDSET BY CONTROLLING YOUR NUTRITION
- ESTABLISH A LONG TERM MINDSET OF CONTROL BY MAKING A SHORT-TERM COMMITMENT
- RENEW YOUR MIND WILL AND EMOTIONS SO YOU CAN BETTER CONTROL YOUR HEALTH, YOUR BODY

PHYSICALLY

- FEED THE BODY POWERFUL, NUTRIENT DENSE FOODS AND YOUR BODY WILL RESPOND POSITIVELY
- GIVE THE BODY A CHANCE TO HEAL AND DETOXYIFY ITSELF
- ALLOW YOUR BODY TO GET BACK THE WAY GOD INTENDED IT TO BE
- LOSE BODYFAT / WEIGHT BY ALLOWING THE BODY TO BECOME EFFECIENT

SIMPLE 7 DAY PLAN

ONLY FRUITS, VEGETABLES, WATER

4+ MEALS PER DAY

WHOLE, FRESH FRUITS & VEGETABLES

- 5+ SERVINGS EACH PER DAY 1 SERVING = FIST SIZE
- ORGANIC WHEN POSSIBLE
- RESTAURANT / CANNED BARE MINIMUM
- WASH W/ MILD SOAP OR FRUIT/VEGIE WASH
- BLEND OR JUICE WHEN POSSIBLE

WATER

- TRUE "SPRING", DISTILLED, or REVERSE OSMOSIS
- ½ bodyweight in ounces ex. 150lb = 75 ounces water / day

NO GRAINS, MEAT, DAIRY, NUTS, EGGS, POTATOES, BEANS, etc

NO DRESSINGS (VERY MINIMUM IF NECESSARY)

SAMPLE DAILY PLANS

DAY 1

M 1 – 1 banana, 1 serv cantaloupe, 2 serv frozen berry mix, add water & blend

M 2 - 2 serv spring mix salad, 1 serv cucumber, 1 serv carrots, 1 serv grapes

M 3 – 1 apple, 1 orange

M 4 – 2 serv collard / turnip greens, 1 serv sweet peas, 1 serv squash

DAY 2

M 1 – 1 banana, 1 serv pineapple, 2 serv frozen berries, ½ lemon squeezed, add water & blend

M 2 – 1 serv squash, 1 serv zucchini, 1 red pepper, 1 serv broccoli – steam

M 3 – 1 apple, 2 serv grapes

M 4 – 2 serv spinach leaves, 1 serv tomatoes, 1 serv broccoli,

1 serv orange slices

SHAKES

- USE ANY FRUIT COMBO
- MINIMUM 3 FRUITS
- USE 2 SHAKES PER DAY IF DESIRED
- COLDER = BETTER TASTE

CLEANSE PRODUCTS

- RECOMMEND 7+ DAY CLEANSE PRODUCT
- GARDEN OF LIFE, RENEW LIFE (30 day)
 - Internet or LOCAL HEALTH FOOD STORE

YOUR CHOICE

- YOU MODIFY TO YOUR COMMITMENT LEVEL
- ****Any Medical Concerns, check with your Medical Doctor**
- FOR BEST RESULTS, STICK TO THE PLAN
- MAKING THE COMMITMENT IS THE HARDEST THING
 - ONCE YOU COMMIT IT IS VERY SIMPLE AND DOABLE
- THIS IS REALLY A MINIMUM COMMITMENT THAT COULD BRING ABOUT A VERY BIG CHANGE IN YOUR LIFE
- THE MAIN OBJECTIVE IS TO HELP YOU CREATE CONTROL IN YOUR LIFE

WE ARE ALL DOING THIS AS A TEAM. SO WE ENCOURAGE YOU TO ALL COMMIT TOGETHER AS A TEAM AT SOME LEVEL. AS WE DO THIS WE CAN ALL ENCOURAGE EACH OTHER AND HOLD EACH OTHER ACCOUNTABLE.

GODBLESS KJ

DAYS 8 – 21

REGULAR PROGRAM

*If starting Day1 on this program then make sure to use it all the way through Day 21

FOLLOW BELOW SPECIFICS

4 MEALS PER DAY

2 MEAL REPLACEMENT

1 “REGULAR” MEAL – LUNCH OR DINNER

1 SNACK

GRAINS (bread, pasta, rice, cereals) POTATOES, CORN

- “ON” DAYS = NONE

- “OFF” DAYS = LOW QUANTITY, HIGH QUALITY

“ON” DAYS – SPECIFICS

4 MEALS / DAY

2 MEALS - MEAL REPLACEMENT

- Use cold water, organic milk, unsweetened all nat. juice

- Add in 1-2 tsp of following: lemon cod liver oil, flaxseed oil,
Extra virgin Coconut oil, all nat. p.b.

- *optional Add 1 serv GOL Perfect Food (green superfood)

**You can also use a high quality Protein powder (20-30 grms), mix with frozen fruit and use in replacement of the Meal Replacement.

1 “REGULAR” MEAL (LUNCH / DINNER)

- 1 serv meat (red meat, turkey, chicken, fish, pork)

- 2-3 eggs can be used in place of meat on some days

- 3+ serv whole vegetables (fresh, frozen, canned(limited))

1 SNACK

- 2 serv fruit, small handful nuts (almonds, walnuts, sunflower seed)

- Nutrition Bar – GOL, Clif Mojo, Kind trail mix bars, Zone

“OFF” DAY SPECIFICS

4 MEALS / DAY

EAT ANYTHING YOU WANT, **KEEP QUANTITY LOW

GRAINS, POTATOES, CORN – ADD IN SMALL AMOUNT

- Maximum 1-2 serv (fist size) total for day
- *Grains – still choose high quality, true whole grain

REMEMBER, THESE “OFF” DAYS ARE NOT MEANT AS “REWARD DAYS”. THESE ARE JUST TO GIVE YOU A BREAK FROM A SCHEDULE AND GIVE YOU A GREAT OPPORTUNITY TO CHOOSE TO STAY “ON” EVEN THOUGH IT IS NOT REQUIRED.

“ON” DAY SAMPLE

MEAL 1 – G.O.L. Perfect Meal, 1 tsp p.b., 6 oz organic milk, 6 oz cold water, 1 serv blueberries (blend)

MEAL 2 – G.O.L. Perfect Meal, 6 oz all nat. o.j., 6 oz cold water (shake)

MEAL 3 – Clif Mojo Bar

MEAL 4 – 4-6oz hamburger steak, 1 serv each green beans, squash, tomatoe

“OFF” DAY SAMPLE

MEAL 1 – 1 Pancake, 3 slices bacon, 1 apple

MEAL 2 – 6” Sub meal, (eat half bag of chips)

MEAL 3 – Orange, small handful almonds

MEAL 4 – “Mexican” anything just keep portions low

**already had 1+ serv grain, so watch tortilla and chip intake

DAYS 22 – 40

SAME AS DAYS 8 – 21 WITH EXCEPTIONS

- “ON” DAYS SLOWLY ADD IN Grains, Pastas, Rice, Cereal, Potatoes, Corn
 - o VERY HIGH QUALITY, LOW QUANTITY
 - o ADD MAX 1 SERV. DAILY (small fist size)

- USE ONLY 1 MEAL REPLACEMENT – IF DESIRED

- “OFF” DAYS – GETTING BETTER AT STAYING WITH “ON” MINDSET
 - o SHOULD NOW BE CHOOSING TO MAKE THESE DAYS ALMOST JUST AS GOOD NUTRITIONALLY AS “ON” DAYS

“ON” DAY SAMPLE

- MEAL 1 – G.O.L. Perfect Meal, 12 oz cold water, 1 serv froz. Berries,
1 tsp cod liver oil (BLEND)
or
20 gm NOW FOOD whey prot., 12 oz cold water, 1 banana, 1 serv berries,
2 tsp coco. Oil (BLEND)
- MEAL 2 - SALAD – 1 serv each of field green mix / spinach, tomato, cucumber, broccoli
1 serv chicken, turkey
or
1 serv. fish, 1 serv. brown rice & beans, 1 serv. vegetable medley
- MEAL 3 - Apple, small handful nuts
or
G.O.L. Nutrit Bar
- MEAL 4 - 2-3 eggs, 1 serv each – pineapple, cantaloupe, blueberries
or
1 serv filet, 1 serv each – turnips, zucchini, black beans

“OFF” DAY SAMLE

- MEAL 1 - 1 egg, ½ biscuit & jelly, 1 serv turkey
- MEAL 2 - All nat. p.b. & honey on 1 slice wh. Grain bread, Apple
- MEAL 3 - Small cup organic yogurt
- MEAL 4 - “Big dinner out” – eat anything,
keep quantity very low – especially dessert

OTHER FOODS TO CONSIDER AND REMINDERS

OTHER FOODS

WATER – ½ BODYWEIGHT = ounces for the day
Distilled, Reverse Osmosis, *Pure Spring

ADD THE FOLLOWING IN LIGHT AMOUNTS “OFF” DAYS, KEEP QUALITY HIGH

ORGANIC DAIRY – (WHOLE) milk, yogurt, cheese, keifer

CONDIMENTS / DRESSINGS – “drizzle” over salad, not “pour”

AVOCADOS – all nat. “guacamole” mix
Fresh avocado, tomato, onion, sea salt: slice up and mix

BEANS – black, navy, pinto

FRUIT JUICES – make sure all nat., no sugar / art. sweetener, not from concentrate

GRAINS – WHOLE GRAINS AND MORE (MELANIE SKINNER) 770-832-0296

REMINDERS

- BE WILLING TO COMMIT, STICK IT OUT
- GET ACCOUNTABILITY PARTNER/S
- STILL BE “ON” WITH “OFF” DAYS
- IF YOU “MESS” UP, JUST **FORGET ABOUT IT** AND GO ON
 - ABSOLUTELY NO CONDEMNATION!!
- MAKE THESE 2 NUTRIT. SUPPLEMENTS PART OF EVERYDAY
 - MULTI VITAMIN AND MINERAL
 - EFA LIQUID OR CAPSULES
- YOU ARE DOING ONE OF TWO THINGS WITH YOUR NUTRITION
 - 1- YOU ARE GIVING YOURSELF LIFE
 - 2- YOU ARE “KILLING” YOURSELF
 - a. YOU CHOOSE

YOUR HEALTH, YOUR LIFE, YOUR CHOICE

DAYS 41 & BEYOND (read this after you finish your 40 day journey)

Congratulations, now you are ready for the rest of your life, constantly growing and improving in your health and your life.

If you have stayed committed to the past 40 days and filling out the journal, then you have gained very valuable information and a strong commitment to improving your health and life. I strongly encourage you to keep up the great work and the focus. If you need to keep journaling your activity then do so. Use the blank journal page given to make copies if needed. By now you should have developed some good / great habits. It is vital that you stay focused and CHOOSE to keep doing the positive things you have been doing.

Now you are no longer “On” or “Off.” You now should be in that mindset that I call “Always On.” In this mode, you are always on top of your game. You are not living in bondage or by rules. You know the things that will benefit you and the things that will do you absolutely no good. Those things that will not benefit you many times will do you much harm. Your mindset again should be just like what Paul wrote in The Word: “I can do anything I want to, but I realize that not all things will benefit me. And too I realize that if I do those things that I know are not benefiting me then I am allowing those things to put me under their power. So I refuse to allow anything to put me under its power.” (k.j.’s version)
So continue to choose life. Yeh Baby!!

**You can continue to use the 3 On, 1 Off, 2 On, 1 Off cycle if it helps you. But remember, still on your “Off” days, you are “On.”

FOLLOW THESE SIMPLE NUTRITION GUIDELINES for Days 41+

Follow the 7 Rules To Nutrition (pg 10)

3+ servings each – fruits & vegetables

Water – ½ bodyweight in ounces, (most of your liquid intake from pure water)

Grains – max. of 1-2 serv. per day, always use high quality true whole grain

Meal Replacement Powders – use as easy source of nutrition when needed

EAT CLEAN AS POSSIBLE

Remember what you are eating is either giving you life or it is killing you!!

YOUR HEALTH, YOUR LIFE, YOUR CHOICE

HOW TO FILL OUT THE 40 DAY JOURNAL

It is going to be very important for you to stay focused and committed to following through, completing, and filling out all the given instructions listed in the daily journal. Remember, one thing that is so important here is to be able to know and track what you have and or have not been doing over this 40 day journey. Stay consistent, do your best, and fill out the journal 100% honestly. Then and only then will you have the ability to truly assess your health and life actions.

*You can take away any part of this as you see fit, but remember for the full power and best results follow the plan.

Spirit and Soul (Mind, Will, Emotions) Section

In this section you are given scripture to read and a specific “thought for the day.” To get the power out of this, you will have to be dedicated to actually finding the scripture in the Bible and reading it.

Also, check off on the other parts as you complete them. Remember, though, be serious here and make a true effort to fully do what is recommended.

For example: “BE THANKFUL” You can do this half hearted or you can choose to truthfully be thankful to God and to others for that day. The goal is to get you into operating throughout your day as a thankful person, but all you have to do to get credit for this part is to be truthfully thankful at some point during the day.

Nutrition Section

As you follow the given guidelines in the Workbook, you will list exactly what you eat for the day. This means everything you eat and drink. Then you rank yourself for the day and your commitment to the given guidelines.

Exercise Section

List exact exercises, with your ranked intensity and duration. Be as specific as you can here.

Comments Section

List any comments you have for the day such as: Improvements you need to make; Progress you have made; any hindrances and ways to overcome those; Etc.

YOUR HEALTH, YOUR LIFE ,YOUR CHOICE

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 1

SPIRIT & SOUL (MIND, WILL, EMOTIONS) *Check off as completed*

- SCRIPTURE: 1 Thessalonians 5:23
- THOUGHT: I must focus on growing stronger and stronger spiritually, mentally, and emotionally, as well as physically. Then and only then will I truly prosper in my health and life.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16-19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 2

SPIRIT & SOUL (MIND, WILL, EMOTIONS) *Check off as completed*

- SCRIPTURE: 3 John 1:2
- THOUGHT: It is God's Will for me to prosper in my health and my life.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16-19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 3

SPIRIT & SOUL (MIND, WILL, EMOTIONS) *Check off as completed*

- SCRIPTURE: 3 John 1:2
- THOUGHT: There is a direct connection between my soul (mind will emotions) and my health and life. I choose to control and renew my mind, will, and emotions, and then I will prosper in my health and my life.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16-19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 4

SPIRIT & SOUL (MIND, WILL, EMOTIONS) *Check off as completed*

- SCRIPTURE: 1 Corinthians 6 19-20
- THOUGHT: It is absolutely my responsibility to take care of my body and to honor God in my spirit, and my body / health. I choose to honor and glorify God in body and spirit.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16-19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 5

SPIRIT & SOUL (MIND, WILL, EMOTIONS) *Check off as completed*

- SCRIPTURE: 1 Corinthians 6 19-20
- THOUGHT: What I do or do not do concerning my health is a direct reflection of how I honor God in my body. It is my duty to control my body / my health, so I choose to take control.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16-19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 6

SPIRIT & SOUL (MIND, WILL, EMOTIONS) *Check off as completed*

- SCRIPTURE: Proverbs 3:7-8
- THOUGHT: As I choose to honor God and to follow His life giving principles, it brings true life to my body.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16-19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 7

SPIRIT & SOUL (MIND, WILL, EMOTIONS) *Check off as completed*

- SCRIPTURE: Acts 16:25-34
- THOUGHT: As I choose to be thankful to God and focus on His goodness, any adversity I am facing has less and less power over me.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16-19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 8

SPIRIT & SOUL (MIND, WILL, EMOTIONS) *Check off as completed*

- SCRIPTURE: Acts 16:25-34
- THOUGHT: I choose to be thankful no matter how I feel or how things “look.” I am thankful because I know through Jesus I can and do overcome any obstacle.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16-19)

___ 1-5 Score Yourself for your execution of Today’s Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 9

SPIRIT & SOUL (MIND, WILL, EMOTIONS) *Check off as completed*

- SCRIPTURE: Romans 12:1-2
- THOUGHT: I take full responsibility and choose to “renew” my mind. I choose to speak and think only on those things that bring life.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16-19)

___ 1-5 Score Yourself for your execution of Today’s Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 10

SPIRIT & SOUL (MIND, WILL, EMOTIONS) *Check off as completed*

- SCRIPTURE: 1 Corinthians 6:12
- THOUGHT: I can do anything I want to, but I realize that not everything will benefit me in my health and my life. I choose to weigh things out and judge them based on whether or not they will benefit me in my pursuit of better health and life.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16-19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 11

SPIRIT & SOUL (MIND, WILL, EMOTIONS) *Check off as completed*

- SCRIPTURE: 1 Corinthians 6:12
- THOUGHT: I realize that if I do what I know will not benefit me, then that “thing” has power over me. I refuse from this day forward to allow anything except God and His life giving principles have any power over me.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16-19)

___ 1-5 Score Yourself for your execution of Today’s Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

___ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 12

SPIRIT & SOUL (MIND, WILL, EMOTIONS) *Check off as completed*

- SCRIPTURE: 1 Corinthians 10:23-33
- THOUGHT: Everything I do should be to glorify God. I choose to glorify God by eating life giving foods and exercising daily.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16-19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 13

SPIRIT & SOUL (MIND, WILL, EMOTIONS) *Check off as completed*

- SCRIPTURE: Romans 14:22-23
- THOUGHT: When I eat with doubt I literally bring condemnation on my body. I choose to eat with faith, eating those things that I know are healthy and beneficial.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16-19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 14

SPIRIT & SOUL (MIND, WILL, EMOTIONS) *Check off as completed*

- SCRIPTURE: Proverbs 14:30
- THOUGHT: I choose to have a sound mind, renewing daily. By choosing this, I choose “robust” health.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16-19)

___ 1-5 Score Yourself for your execution of Today’s Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 15

SPIRIT & SOUL (MIND, WILL, EMOTIONS) *Check off as completed*

- SCRIPTURE: Proverbs 23:7
- THOUGHT: I know in my heart and choose to continually think on the truth that I am taking control of my health and life.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16-19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 16

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: Proverbs 17:22
- THOUGHT: I choose to have a merry heart, therefore I choose to bring health and healing to my body.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 17

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: 2 Timothy 1:7
- THOUGHT: I will not live in fear because God has fully given me a spirit of power, lover and a sound mind.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 18

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: Philippians 4:8
- THOUGHT: It is my responsibility and therefore I choose to think only on those things that are of good report / positive.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 19

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: 2 Corinthians 10:5
- THOUGHT: I realize that negative thoughts will always come to me, but I refuse to think on those negative things.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 20

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: 2 Corinthians 10:5
- THOUGHT: I choose to literally stay on guard and take captive every thought that comes to me. I guard my thought life and will not allow negative thoughts to stay.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

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Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 21

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: 1 Thessalonians 5:15-22
- THOUGHT: No matter what I am going through, I choose to be thankful to God. That is my responsibility to always be a thankful person.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

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- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

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Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 22

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: Proverbs 18:21
- THOUGHT: I choose to speak LIFE into my life by being very selective with my words.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

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- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

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Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 23

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: James 3:2
- THOUGHT: My words do have a direct and powerful affect on my body. I choose to speak great health and life at all times.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

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- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

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Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 24

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: James 3:6
- THOUGHT: I realize that my words can definitely do damage to my health, therefore I choose to not speak negative.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

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- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

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Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 25

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: Ephesians 4:17-24
- THOUGHT: I choose to renew my mind. It is my complete responsibility. I can, and I will.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

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- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

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Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 26

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: 3 John 1:2
- THOUGHT: Yes! Absolutely yes! It is God's Will for me to live in abundant health and life prosperity.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

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- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

___ Duration of Exercise in Minutes

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Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 27

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: 3 John 1:2
- THOUGHT: It is God's Will for me to prosper in my life and my health, and it is my responsibility to walk in this by renewing and controlling my mind, will, and emotions.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

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- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

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Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 28

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: 1 Thessalonians 5:23
- THOUGHT: I choose to control my health by first growing spiritually, mentally and emotionally.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

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- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

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Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 29

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: 1 Thessalonians 5:15-22
- THOUGHT: I realize that for me to prosper in my health and my life I must be a thankful person no matter what.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

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FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

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Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 30

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: 1 Peter 5:7
- THOUGHT: I choose to literally put off all my cares, concerns, and worries on God. He said to do it, so I do.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

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Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 31

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: Romans 8:37
- THOUGHT: I truly am “more than a conqueror” through Jesus Christ. He says I am, so I am.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

___ 1-5 Score Yourself for your execution of Today’s Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

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Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 32

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: Philippians 4:13
- THOUGHT: I can control and prosper in my health and my life because He said that I can do all things through Him.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 33

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: 1 Corinthians 6:12
- THOUGHT: I literally can do anything I want to, but I refuse to allow anything to put me under its power. I will not allow food or laziness to control me.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 34

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: 3 John 1:2
- THOUGHT: I know it is God's Will that I prosper in my health and my life. Even though I may go through adversity, through Him I can and I do overcome.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 35

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: Proverbs 23:7
- THOUGHT: I know in my heart and I choose to constantly think on the truth that I am getting healthier and healthier as I choose healthy habits.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 36

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: James 3:2
- THOUGHT: My words are extremely powerful and I choose to use my words to steer my health in the right direction.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

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- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 37

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: Philippians 4:8
- THOUGHT: It is my choice what I think on. I choose to get rid of any negative thoughts and to think only on those thoughts that will bring me life.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

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- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 38

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: 2 Corinthians 1:20
- THOUGHT: I am a child of God because of Jesus, and all God's promises are literally "yes and amen" to me.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

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- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 39

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: Proverbs 17:22
- THOUGHT: I choose to live in God's joy and peace. I choose to have a merry heart, and it brings vibrant health to my body.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

___ 1-5 Score Yourself for your execution of Today's Nutrit plan, 1=poor, 5=best

- MULTI VITAMIN & MINERAL
- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

_____ 1-5 Score Your Workout Intensity 1 = light, 5 = very intense

Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY 40

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE: 1 Corinthians 6:19-20
- THOUGHT: God has blessed me with my life and with my body. I choose to honor Him and glorify Him by choosing to take control of my health and my life. It literally is "**My Health, My Life, My Choice**", and I choose to walk the abundant life that Jesus paid the price for.
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

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- EFA liquid / capsule

FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

_____ Duration of Exercise in Minutes

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Exercise Specifics, Notes _____

LIST ANY COMMENTS: i.e. progress made, things to change/improve, etc

I AM GOD-BUILT – 40 DAY JOURNEY

DAY ____ (for Days 41 & Beyond. Use this to make as many copies for more days.)

SPIRIT & SOUL (MIND, WILL, EMOTIONS)

- SCRIPTURE:
- THOUGHT:
- 3 POSITIVE CONFESSIONS & THOUGHTS (refer to pg. 6)
- BE THANKFUL
- SINCERELY ENCOURAGE / HELP SOMEONE
- DEEP SLOW BREATHING – minimum 1 minute total (refer to pg. 8)

BODY

NUTRITION (refer to pgs. 16 - 19)

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FOOD JOURNAL (list *everything you eat for the day)

EXERCISE (refer to pg. 15)

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Exercise Specifics, Notes _____

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