



*Breakfast:* \_\_\_\_\_

*Snack:* \_\_\_\_\_

*Lunch:* \_\_\_\_\_

*Snack:* \_\_\_\_\_

*Dinner:* \_\_\_\_\_

*Snack:* \_\_\_\_\_

*Notes:* \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

☐ Water = Six or more glasses?

☐ Did you get in some Exercise?

"So whether you eat or drink or whatever you do,  
do it all for the glory of God." - 1 Cor. 10:31