



HIS BRIDE FIRST FIT

Faith • Identity • Temple-care



"Know ye not that your body is the temple of the Holy Ghost...?"

1 Corinthians 6:19 KJV

His Bride First FIT provides biblical teaching and lifestyle support, and does not replace professional medical, mental health, or nutritional care.

His Bride First FIT — DAILY LOG



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FIT Focus / Goal for Today:

Scripture & Reflection:

🌿 *How this applies to my wholeness journey:* _____

- _____
- _____
- _____

Prayer:

♥ Today's Temple-Care Check: _____

1. Nourishment: _____
2. Movement: _____
3. Rest: _____

♥ Heart & Identity Check:

- Is my thinking aligned with who I am in Christ? _____
- What habit, pattern, or emotion needs surrendered? _____
- What do I choose to renew my mind? _____

Today's Intentional Action: _____

Gratitude & Praise: _____