

BALANCING YOUR 2026 T.H.I.N.G.S

# Daily Self Care

“TEACH ME TO NUMBER MY DAYS, LORD, THAT MY LIFE MAY BE LIVED WISELY  
AND WELL.”— PSALM 90:12

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

Quiet Time: \_\_\_\_\_

Bible: \_\_\_\_\_

## Supplements/ Activators

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## Breakfast/Lunch

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

## Dinner/Snacks

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

HYDRATION Goal: \_\_\_\_\_/oz.

## H-Health

My health and focusing on it is  
NOT optional.

**“Do you not know that your  
bodies are temples of the Holy  
Spirit...? Therefore, honor God  
with your bodies.”  
— 1 Corinthians 6:19–20**

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Total Daily Calories:

\_\_\_\_\_

Daily Protein Total:

\_\_\_\_\_/\_\_\_\_\_

Total Daily Oz H2O: \_\_\_\_/\_\_\_\_

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— 1 Peter 4:8

— Matthew 5:37

— Isaiah 43:19

— 1 Peter 4:10

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REFLECTIONS: \_\_\_\_\_



