

Check With Your Physician Before Making Any Changes To Diet or Physical Activity

Faith-Based Health Habits Weekly Checklist

"Caring for Your Body – A Wellness Checklist for God's Glory"

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Drink 8 glasses of water							
20–30 min of movement							
7–8 hours of sleep							
Eat 3 balanced meals							
Unplug 30 mins before bed							
Daily prayer for health							
Scripture reflection (1 Cor. 10:31)							

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