



Choose Life Now

A Christ-centered support and learning center to come along-side men and women who want to submit their bodies to Christ and develop a lifestyle of health.

Log Sheet

Date: _____

*Do not be conformed to this world,
but be transformed by the renewing of
your mind, that you may prove what is
that good and acceptable and
perfect will of God. Romans 12:2*

Today as I start this journey, I weigh: _____

My first goal regarding my weight is: _____

My first goal regarding my eating habits is: _____

As I submit my whole self to God, these are the life habits I will focus on as I start this journey toward a forever lifestyle of health:

1. _____

2. _____

3. _____

4. _____

5. _____

Notes to self: _____
