

Fit For Today

Above all else, guard your heart, for it is the wellspring of life.

Sunday - Church? Pick a Day of Rest and give your body a break. Mine is Monday.

Monday: *Record your actions and daily weight. Circle a happy, lost or sad face. Did you ask for help?*

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :-/ :-(Help? _____

Tuesday:

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :-/ :-(Help? _____

Wednesday:

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :-/ :-(Help? _____

Thursday:

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :-/ :-(Help? _____

Friday:

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :-/ :-(Help? _____

Saturday:

What I ate: 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

How I exercised: am _____ pm _____

Today's Weight: _____ My Goal Weight: _____ :-) :-/ :-(Help? _____

We guard our houses, cars and other "valuables" - stuff. But how do we guard our hearts? Our bodies are the outer manifestations of our inner well being. We must discipline ourselves to the daily exercise of lifting it up and placing it in the Father's Hands. Tempted to quit? He will protect us. We only need to be fit for today.