

Fit For Today

Oh Lord, your discipline is good and leads to life and health. Oh, heal me and make me live.

Isaiah 38:16

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

Monday: Record you 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? _____

Every season holds a special reason to get and stay healthy. Every season starts with one day, today. The weeks to come will radically transform your body, mind and spirit if you discipline yourself to live it out - fit for today. Not for next year or a special event but for today. I challenge you to give 100% and see what God has in store for us as we take these next big steps together. You can choose better health, please do.

5 Simple Steps

- 1. Eat Less... Move More** - let's make it our mantra! **Eat to Live.** Don't Live to Eat!
- 2. Weigh Yourself** - ONCE A DAY- Keep a written record. Weekly weigh in for class.
- 3. Target 1600** Positive Calories Daily. Up the protein! Add raw fruit & vegetables.
- 4. Build & Keep a Winning Exercise Routine**- Do it until you look forward to it!
Journal your workouts: what you did, weather, feelings, etc... Invite a friend along.
- 5. Have a Goal!** Make it simple. Be a weight loss winner **NOT** a whiner.

Nobody wants to hear about your diet until you're losing weight they can see.

When we live in our excuses, we're stuck in our regrets.

When we eliminate our excuses we begin to eliminate our regrets.

remember... simple doesn't mean it's easy.

Spring into Summer! My Weight on June 14, 2016 Will Be _____

weekly weigh in work sheet

3/29/16 _____	lost _____	5/10/16 _____	lost _____
4/5/16 _____	lost _____	5/17/16 _____	lost _____
4/12/16 _____	lost _____	5/24/16 _____	lost _____
4/19/16 _____	lost _____	Happy Memorial Day Weekend!	
4/26/16 _____	lost _____	5/31/16 _____	lost _____
5/3/16 _____	lost _____	6/7/16 _____	lost _____
		6/14/16 _____	lost _____

The difference between success and failure is a decision. It's a decision we make and keep every day. Our decision determines the direction of our daily actions and behaviors. Commit to WIN with Fit for Today!