

FAITH-FILLED MOVEMENT & NUTRITION

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1. How can the results of improving my nutrition and movement choices glorify God, i.e. feeling better, improved sleep, energy, & confidence? _____

2. How can I pray about improving my nutrition and movement to glorify God?

3. What is my nutrition goal? _____

4. What are 1 or 2 things I can experiment with consistently (most days out of the week) to improve my nutrition?

5. What is my movement goal? _____

6. What are 1 or 2 things I can experiment with consistently (most days out of the week) to improve how much I move my body?

7. What will help me to accomplish my movement and/or nutrition goal(s)?
