

The-Christian-Single-Woman.com

Healthy Living Journal



"Don't you know that you are God's temple and that God's Spirit lives in you? If anyone destroys God's temple, God will destroy him, for God's temple is sacred, and you are that temple." - 1 Corinthians 3: 16-17 NIV

Healthy living is within your grasp. You are just 30 days away from developing new patterns that will enrich the temple that has been entrusted to you. Use this journal as a guide to record your journey to a healthier you and your encounters with God along the way.

Mind ~ Body ~ Soul

The-Christian-Single-Woman.com

Healthy Living Journal

Experts say it typically takes at least 21 days for repetitive tasks to become a habit. While it's true everyone is different, most experts agree new habits can be developed in about 30 days. For this reason, The-Christian-Single-Woman.com's Healthy Living Journal was developed to help jump start your path to healthy living.

I am NOT a medical professional and thus nothing in this journal is intended to be construed as medical advice. Rather, it is a guide to share practices that I've used to help me enjoy a healthier lifestyle. With wholeness as the goal, this guide follows the simple healthy living principles outlined on my website, www.The-Christian-Single-Woman.com. I created this healthy living journal to help illustrate that healthy living really can be simple by incorporating a few simple practices into your daily life.

As you utilize this journal over the next 30 days to record your path to a healthier lifestyle, keep in mind that you will not likely begin with journal entries for every category - and that's ok. The goal is not to be perfect, but rather to grow during the process. Don't allow the enemy to discourage you. If you are unable to accomplish your goal on one day, let it go and strive to do better the next day. Consider yourself successful if at the end of 30 days you are leading a more healthier lifestyle than you did when you started. You did not acquire your current habits overnight so don't expect to eliminate them overnight.

Developing a healthy lifestyle is a process and this journal is intended to help get you started on that journey. This healthy living journal was developed as a free eBook that can be downloaded from my website (just right click and save as). Also, you can type entries into this journal directly from your computer (just right click and save as), then enter your data in the appropriate fields.

Feel free to share this healthy living journal with others. Once you save it to your computer, simply attach it to an email. Alternatively, you can refer your friends to www.Christian-Single-Woman.com/support-files/healthy-living-journal.pdf

Here's to a healthier you!

The-Christian-Single-Woman.com

Healthy Living Journal

Day 1

"I can do all things through Christ who strengthens me." - Philippians 4:13 NKJV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 2

“Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God-this is your spiritual act of worship.” - Romans 12:1 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 3

“...Walk in the Spirit, and you shall not fulfill the lust of the flesh.” - Galatians 5:16 NKJV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 4

"Everything is permissible, but not everything is beneficial." - I Corinthians 10:23 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 5

"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food..." - Daniel 1: 12-13 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 6

“At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.” - Daniel 1:15 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 7

“Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.” -
Matthew 26: 41 NKJV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 8

“Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” - Galatians 6:9 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 9

“Blessed is the man who trusts in the Lord, whose confidence is in Him. He will be like a tree planted by the water that sends out its roots by the stream.” - Jeremiah 17:7-8 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 10

“Blessed are those who have learned to acclaim you, who walk in the light of your presence, O Lord.” -
Psalm 89:15 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 11

“Thank you for making me so wonderfully complex! Your workmanship is marvelous-how well I know it.” - Psalm 139:14 NLT

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 12

“Why do you spend money for *what is* not bread, and your wages for *what* does not satisfy? Listen carefully to Me, and eat *what is* good, and let your soul delight itself in abundance.” - Isaiah 55:2 NKJV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 13

“O LORD, you are my God; I will exalt you and praise your name, for in perfect faithfulness you have done marvelous things, things planned long ago.” - Isaiah 25:1 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 14

“Seek the LORD while he may be found; call on him while he is near.” - Isaiah 55:6

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 15

“This is the day that the LORD hath made, we will rejoice and be glad in it.” - Psalm 118:24 NKJV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 16

"I eagerly expect and hope that I will in no way be ashamed, but will have sufficient courage so that now as always Christ will be exalted in my body, whether by life or by death." - Philippians 1:20 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 17

"...No sloppy living for me! I'm staying alert and in top condition. I'm not going to get caught napping, telling everyone else all about it and then missing out myself." - I Corinthians 9:26-27 The Message

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 18

“...make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness...” - 2 Peter 1:5-7 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 19

“Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones.” - Proverbs 3:7-8 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 20

“Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day.” - 2 Corinthians 4:16 NKJV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 21

“So whether you eat or drink or whatever you do, do it all for the glory of God.” - I Corinthians 10:31 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 22

“Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance.” - James 1:2-3 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 23

“For through me your days will be many, and years will be added to your life.” - Proverbs 9:11 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 24

“A cheerful look brings joy to the heart, and good news gives health to the bones.” - Proverbs 15:30 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 25

"A heart at peace gives life to the body, but envy rots the bones. - Proverbs 14:30 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 26

“That you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God.” - Colossians 1:10 NKJV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 27

"If God hadn't been there for me, I never would have made it." - Psalm 94:17 The Message

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 28

“Jesus Christ is the same yesterday and today and forever.” - Hebrews 13:8 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 29

“Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.” - 1 Thessalonians 5:23 NLT

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Day 30

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” - 3 John 1:2 NIV

Prayer: _____

Healthy Food Choices:

Breakfast _____

Snack _____

Lunch _____

Snack _____

Dinner _____

Exercise (include times or activities): _____

Relaxation (things you did to relax or times you were at rest): _____

Daily Joys (things that made you smile or laugh): _____

Thankful Heart (what are you thankful for today?): _____

The-Christian-Single-Woman.com

Healthy Living Journal

Congratulations, you are well on your way to developing a healthier you! Over the past 30 days you have made intentional daily encounters with God through prayer and reflected on those things that brought you joy as well as those things for which you are thankful. Additionally, you have increasingly made healthier food choices, began to exercise and sought opportunities to rest.

Wow, you are off to a great start so continue on the path you have journeyed over the past 30 days and you are likely to lead a more fulfilling life. These new habits will help to enhance your life, but don't stop there, incorporate other changes that will make it your own. Keep up the good work!

Haven't incorporated all the practices into your life yet? Try it again, Day 1 can be any day you decide you're ready to begin anew. Also note, no one will know if getting to Day 30 actually takes you 73 days. Besides, who cares? Remember progress is the goal.

"And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns." - Philippians 1:6 NLT

[Eating Tips for Healthy Living](#)

[Healthy Living Exercise](#)

[Christian Single Woman Home](#)

This book may not be reproduced, copied or sold. If you purchased this book, please [report it](#).