

DELIGHT

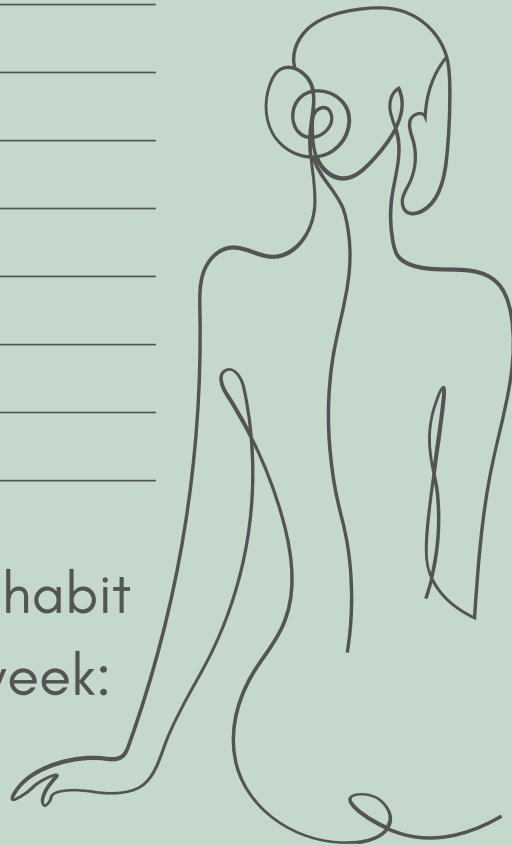
My body thrives as a temple when I:

1 new habit or habit change this week:

I feel best when I eat:

1 healthy meal I want to add weekly:

1 healthy snack I'd like to try:



STRENGTH

Body as a Temple
(Not a food journal)