

Date:

Life Journal

1. What time did you go to bed last night?
 - a. 9-10 pm
 - b. 10-11 pm
 - c. 11-12 pm
 - d. 12-1 am +
2. What time did you awaken this morning?
 - a. 5:00-5:30 am
 - b. 5:30-6:00 am
 - c. 6:30-7:00 am
 - d. 7:00-7:30 am
3. How did you feel when you got up today?
 - a. Very good
 - b. Good
 - c. Fair
 - d. Poor
4. How much water did you drink today?
 - a. 2 qt
 - b. 3 qt
 - c. 4 qt
 - d. 5 qt +
5. For how long did you exercise today?
 - a. 15 min
 - b. 30 min
 - c. 45 min
 - d. 60 min +
6. For how long did you deep breathe today?
 - a. 1 hr
 - b. 2 hr
 - c. 3 hr
 - d. 4 hr +
7. For how long were you in the sun today?
 - a. 15 min
 - b. 30 min
 - c. 45 min
 - d. 60 min +
8. How much fat did you consume today?
 - a. 30-40 g
 - b. 41-50 g
 - c. 51-60 g
 - d. 61-70 g +
9. How much refined sugar did you consume today?
 - a. 10-20 g
 - b. 21-30 g
 - c. 31-40 g
 - d. 41-50 g +
10. How many servings of fruits did you consume today?
 - a. 1-2
 - b. 3-4
 - c. 5-6
 - d. 7-8 +
11. How many servings of vegetables did you consume today?
 - a. 1-2
 - b. 3-4
 - c. 5-6
 - d. 7-8 +
12. How much protein did you consume today?
 - a. 20-40 g
 - b. 41-60 g
 - c. 61-80 g
 - d. 81-100 g

13. How many hymns/songs did you sing today?

- a. 1-2
- b. 3-4
- c. 5-6
- d. 7-8 +

14. For how long did you secretly pray today?

- a. 15-30 min
- b. 30-45 min
- c. 45-60 min
- d. 60-75 min

15. For how long did you secretly study the Bible today?

- a. 15-30 min
- b. 30-45 min
- c. 45-60 min
- d. 60-75 min

Notes :