








**WEEKLY FOOD JOURNAL**

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Date</b>							
<b>Breakfast</b>							
<b>Snack</b>							
<b>Lunch</b>							
<b>Snack</b>							
<b>Dinner</b>							
<b>Water</b>							
<b>Exercise</b>							

JUNE 2016 HEALTH MINISTRY

Our minds control everything that we do. Before we can make any change we must recondition our mind. The Word of God tells us:

*“And be not conformed to this world: but be ye transformed by the renewing of your mind...” Romans 12:2*

Changing our habits, changing our thinking is a process that takes time and effort. But by slowly beginning to rethink how we think about food, we can start to adopt new habits that may protect us from serious health problems later.

Consider the following to make changes to how we think about food:

1. We usually eat not out of hunger, but for the following (emotional) reasons: comfort, sad, hurt, depressed, bored, pleasure, reward, addiction
2. Focus on what we can eat and not what we shouldn't
3. See ourselves as we want to be
4. Each day is a new day
5. Our past is our past – it's not our future
6. Be patient
7. Start to think about what and how much we eat