

THE WELLNESS REVELATION

Moving Forward Journal

Week #: _____ Date: _____

Scripture verse of the week: _____



Meal	Time	Food Eaten	Drink	Hunger Scale Before	Hunger Scale After
Breakfast				1 2 3 4 5	1 2 3 4 5
				Comments:	
Snack				1 2 3 4 5	1 2 3 4 5
Lunch				1 2 3 4 5	1 2 3 4 5
				Comments:	
Snack				1 2 3 4 5	1 2 3 4 5
Dinner				1 2 3 4 5	1 2 3 4 5
				Comments:	
Snack				1 2 3 4 5	1 2 3 4 5
Water	(1) (2) (3) (4) (5) (6) (7) (8) glasses				
Exercise					Prayer/Devotional/Quiet Time
					Yes No

Daily Thoughts/Revelation: _____