

Measure Progress Checklist



Did I drink mostly water today?

Tip: Aim for half your body weight in ounces



Did I move my body?

Tip: Choose an exercise you enjoy and do it most days even if for 5-10 minutes



Did I eat in a way that satisfied but didn't leave me feeling stuffed?

Tip: Listen to your body. Focus on adding nutritious foods.



Did I feel rested and energized?

Tip: Get adequate sleep and practice self-care



Did I speak positive words towards myself?

Tip: Make daily quiet time a priority so that your mind is filled with God's truth about you

"I WILL PRAISE YOU, FOR I AM
FEARFULLY AND WONDERFULLY MADE;
MARVELOUS ARE YOUR WORKS,
AND THAT MY SOUL KNOWS VERY WELL." PSALM 139:14