

YOU, FIT & CONFIDENT

YOUR PERSONAL 12 KEYS

Use this page to help yourself keep track of—and stick to—the twelve behaviors you have chosen to adopt in order to meet your lifestyle goals.

1. Getting God's Help _____
2. Accepting Your Body _____
3. Mastering Metabolism _____
4. Exercise _____
5. Balanced Eating _____
6. Water _____
7. Mindful Eating _____
8. Spiritual Nourishment _____
9. Reducing Stress _____
10. Long-Term Goals _____
11. A Supportive Structure _____
12. Taking Responsibility _____

_____ signature

_____ date

inspire!us
MINISTRIES