

GOD'S



PLAN

FOR YOUR HEALTH
AND HAPPINESS

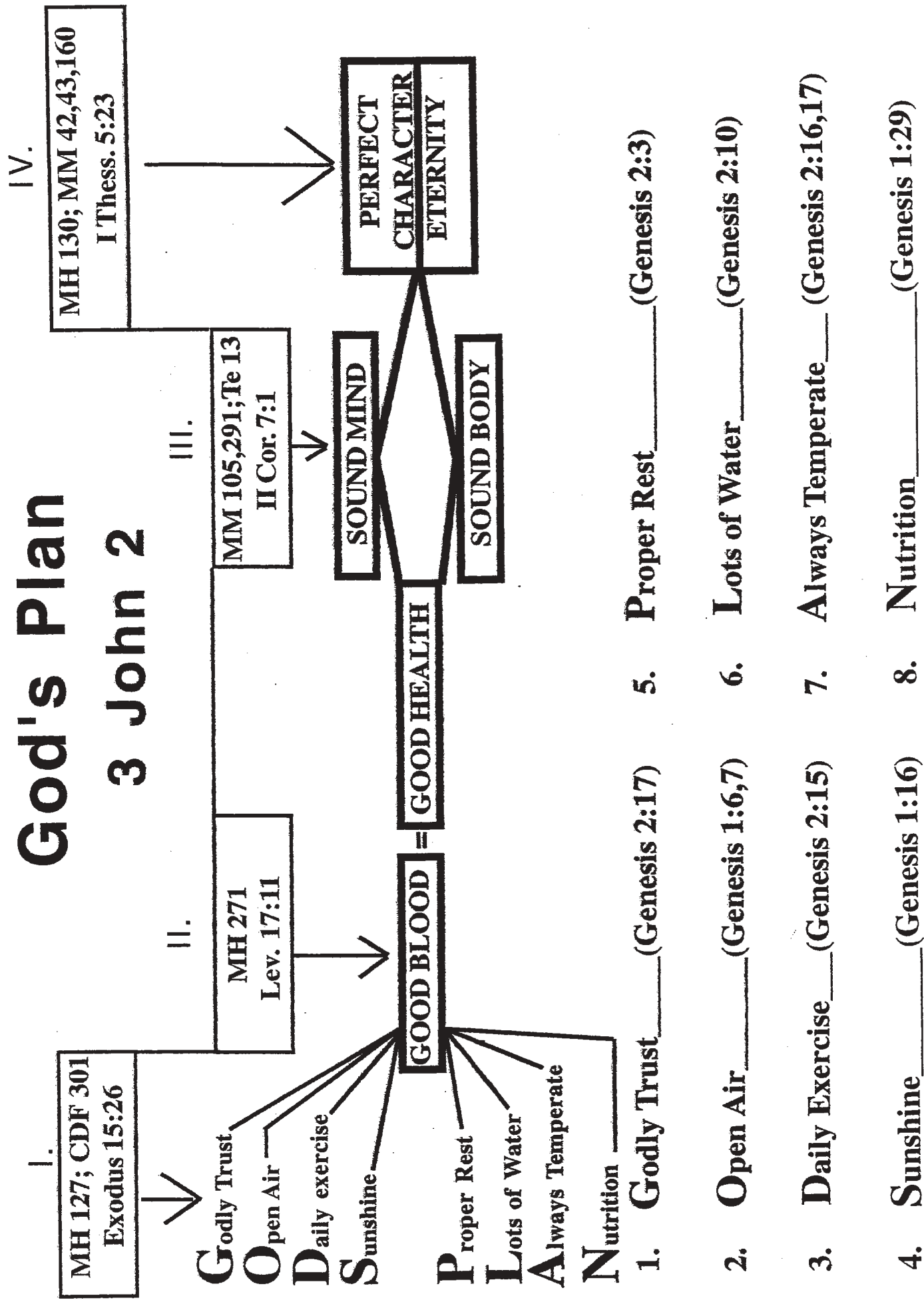
“Beloved, I wish above all things, that thou mayest prosper and be in health...” 3 John 2

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God's Plan

3 John 2



God's Plan for Your Health and Happiness

“Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. Unhealthful conditions should be changed, wrong habits corrected. Then, nature is to be assisted in her effort to expel impurities and to reestablish right conditions in the system.”

Ministry of Healing p. 127

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power, - these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.

The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual and to the impatient it seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws will reap the reward in health of body and health of mind.” *Ministry of Healing p. 127*

1. Godly Trust :

An abiding faith in a loving God will help you rest as well. Rest your life in His hands. He has made every provision to forgive every sin and cleanse every sinner of all our past mistakes. Ask Him. He promises to blot out all those mental records of sins in the heart, the love for sin, that tempt us.

He has also put Himself on record in the Bible to keep us from sinning and help us obey His laws from love, if we will only “be willing to be made willing”. He wants us to work our minds so that we want to do right, as well as to supply us with power so that we will, indeed, obey Him. His laws are really promises. Every promise that He has made by way of a law, is part of our inheritance. (Deuteronomy 33:4; Galatians 3:17-19) In order to start obtaining our inheritance from the heavenly Father, we must be “born again” or be adopted into His family. We then have the right to go by prayer to His throne in the courts of heaven and present our request to Jesus, the Executor-Mediator, of the estate. If we go by faith after repentance and dedication to Him, the request will be freely granted if our request is according to the “will” of God.

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Jesus said in His prayer for the disciples: “Thy kingdom come; Thy will be done in earth as it is in heaven....”

2. Open Air:

Pure fresh air is very important. That means good air with negatively ionized particles from forests and oceans. Do deep breathing exercise daily (three times a day is best). Be sure to do this the first time early in the morning before breakfast. Take a deep breath to full expansion, hold, exhale, and hold that. Repeat this 20 times. This helps the circulation and gets toxins out of the system. Breathe fresh air while sleeping (open windows). Even on cold winter nights, keep window cracked. Air the bedrooms daily with the open windows. A good time is in the morning so that the room can warm up again if it's cold. Do not smoke tobacco or breathe second-hand smoke. **Avoid smog and all chemicals, cleaning solutions, solvents, paint removers, insect sprays, deodorants, hair dyes, disinfectants, pest strips, etc.**

3. Daily Exercise:

“Conditioning” exercise is what you need. This the type of exercise that will increase your endurance gradually. You may use three things to help you guide yourself in the intensity that you exercise:

Guide (1) Learn what your safe ten-second pulse rate for your age should be during exercise. Learn how to count your ten-second pulse beat and exercise up to that degree.

Guide (2) Exercise to the intensity that you are barely able to carry on a conversation with someone as you exercise.

Guide (3) If you should develop chest pain during exercise, stop at that point. Follow the advice of your physician.

Exercise a minimum of 20-30 minutes at the peak of endurance daily if at all possible, at least every other day. The body forces seem to “escape” from good condition rather easily.

Walking is good exercise. Act your age — use a walking stick for stability and for protection against stray dogs. Begin a program of walking on the first day. Walk as far as is comfortable, gradually work up to five miles per day. Take two baths in purest water possible without soap daily, dry brushing the skin before each shower or bathe with a stiff brush.

Take deep breathing exercises three times daily, breathing in as deeply as possible and holding to the count of twenty, breathing out as deeply as possible and holding out to the count of ten. Repeat this exercise twenty times, always in fresh air. **MAINTAIN GOOD POSTURE, STANDING, SITTING, AND LYING.**

Range of Motion exercises

Massage when appropriate to aid in the circulation of the blood equally throughout the system for relieving pain.

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Use the following liniments for relieving pain and to help remove toxins from affected areas:

- 8 oz. of cold pressed peanut oil mixed with 5-6 freshly squeezed and strained lemon juice. Shake well before each use and apply 1-2 times daily on affected area.

OR

- 4 oz each of witchhazel and wintergreen oil
- 4 oz pure olive oil
- 4-6 Tablespoons of cayenne pepper

Mix all the above - Shake well - Use as needed. Do not use this when the area is inflamed.

4. Sunshine:

Sunshine has several benefits to the body. It furnishes the natural vitamin D and helps to lower cholesterol. The vitamin D that is produced through the process of the sun aids in calcium assimilation in the body. Sunlight increases the volume of oxygen in the blood. Start with 10-15 minutes exposure to the face and hands daily up to 30-45 minutes daily. The body stores the vitamin D readily for over a week. The best times for sunbathing are the hours between 9 a.m. and 9:30 a.m. and 4:30 p.m. and 5:30 p.m. Avoid burning. Also, to avoid the risk of skin cancer, reduce the free fat intake, such as oils, margarine and other foods of this nature. It would be best to avoid these foods altogether.

5. Plenty of Rest:

Get adequate restful sleep. A light supper will help. Try to avoid stressful circumstances. Establish good habits and this will help. Anyone familiar with "jet lag" knows how well the body works with habits. A relaxing soak in warm water may help you unwind enough after a stressful day so that you will not need that harmful sleeping pill. Regular times for going to bed and rising will also help. The best time to go to bed is between 9:00 - 9:30 p.m. and no later.

6. Lots of Water:

Internal Use: The body needs water for optimal function. Drink daily pure soft water; distilled water is the best. To determine your recommended daily water intake, use the following formula:

1. **Your weight \div 2 = x** 2. then **x \div 8 = the number of 8oz glasses of water you should drink daily.**

Drink more if you sweat much. This will help your endurance. Carry a supply with you. Drink before breakfast. Upon rising, drink 2 glasses at room temperature with a freshly squeezed lemon in it. Also drink between meals, (stop about 30 minutes before a meal and wait 45 minutes to 1 hour after a meal), and early enough before bedtime so that you do not have to get up from sleep to empty your bladder. Do not drink water or liquids with your meals.

For External Use: Shower daily with cool or tepid water using a bath brush or a good washcloth and rub your skin all over. This increases the circulation and helps to get toxins out. Dry off with a coarse towel rubbing skin again. Two showers a day for the first two weeks would be beneficial.

7. Always Temperate:

Live by the clock, especially during the first month, keeping all things on schedule as much as possible: meals, bedtime, arising, physical hygiene, study, work, prayers, etc.

Abstain from all harmful substances. Absolutely avoid tobacco, alcohol, coffee, tea (except herb teas), colas and soft drinks. For a few weeks avoid any hot or cold/frozen foods or drinks. The stomach has to work hard to either cool or warm the food to the proper temperature to digest. Eat no flesh food or canned "fake meat". They contain too many carcinogens. Use no dairy products (butter, milk, cheese - even cottage or cream cheese -or whey). Read labels and buy nothing with chemicals listed as ingredients. A safe rule is, if you can't pronounce the name, it probably isn't safe to eat. Use no eggs or egg products. Use no vinegar or products containing it (pickles, ketchup, mayonnaise, salad dressing, etc.) Use no spices. Spices are parts of trees or plants that grow in tropical regions. Herbs are fine. Herbs are parts of plants that grow in temperate regions. (Examples of spices: allspice, cinnamon, cloves, ginger, mustard seed, & nutmeg) There are many good herbs to take their place (basil, bay leaf, coriander, cilantro, cumin, dill, fennel, marjoram, mint, paprika, parsley, rosemary, saffron, sage, savory, tarragon, thyme). Use no irritating peppers (no black pepper, white pepper, or hot peppers (jalapeno, chili, or pepper sauce). Cayenne pepper can be used medicinally. Bell, pimento, cherry, banana and all "not-hot" peppers are o.k.. Use no baking soda or baking powder even if they have had the aluminum removed. Eat bread products raised with yeast or hydrogen peroxide or unraised crackers/breads. Watch labels because many items contain baking powder or soda (crackers, cookies, cereals, even some bottled water). Reduce the oil or fat consumption. For the first few weeks eliminate margarine and do not fry any foods. Canola oil is good to use on baking pans, waffle irons, or very hot items to keep foods from sticking when baking. Olive oil is good too, but cannot be heated as hot as other oils. It imparts a nice flavor. Use no sugar, brown sugar, artificial sweeteners or products containing them. Replace with honey, molasses, or real maple syrup.

Be moderate even in the good things. Do not overeat of even good foods. Do not eat too many varieties at one meal. Three or four items are plenty. Eat food at meal times. Drink no water with meals. Chew slowly and let the saliva in the mouth mix with the food. Don't swallow it until it's "creamy". The saliva is needed to help the stomach digest the food. Even any small amount of juice or liquid at a meal should be swished around in the mouth to mix it with the saliva. Do not mix fruits and vegetables at a meal. Grains may be eaten with either fruits or vegetables. **See God's Plan Basic Menu.**

Wait at least 5 hours from the time one meal is ended before the next is started. The stomach needs about four hours to digest its food. It also needs to rest before more food is introduced. Most people overwork their stomach, and it is never allowed to rest. Two meals a day is the best plan (8:00 a.m. and 2:00 to 3:00 p.m. are good times). If you want three, 6:30, 12:00, & 5:30 are about the best times. Several hours need to go by after supper before bedtime since digestion ceases when sleep begins. All food needs to be digested before bedtime.

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Food that does not digested in the four-hour time period begins to ferment, and upset stomach may be the result.

Eat NOTHING between meals. Any little crumb of food makes your stomach start the entire process of digestion all over again. That means don't even "taste" something being cooked for another meal. Chewing gum is also a "no-no" since the mouth continues to produce saliva to digest it since it thinks the gum is food. Drink water between meals.

Clothing should be modest and keep all the extremities warm, but wear as many layers on them as are worn on the trunk to avoid congestion of blood in the trunk. No tight elastic bands or belts should be used. Suspenders are actually better than a belt to hold up pants. Weight from clothing should rest upon the shoulders and not the waist.

Hard work doesn't kill anyone, but over work does.

If overweight, weight reduction is essential.

8. Nutrition:

The aim of the diet is to help you (1) avoid all refined foods; (2) select proper foods for adequate intake of balanced amino acids, vitamins, minerals, and trace elements; (3) choose types of nutrients which will help you lose weight as needed and clear the body of excess cholesterol and other unwanted materials that cause degeneration of the tissues. Eat fruits, vegetables, nuts and seeds, legumes, and grains in as fresh a state as possible. Fresh fruits and vegetables are preferred. Frozen is next best. Fruits or vegetables canned in glass with fruit juice or water pack is acceptable. Dried food is fine too. Freshly ground grain is the most nutritious.

Cook in stainless steel, corning ware or glass, and iron pans. Use no aluminum cookware. Cook on the stove or oven. It's best to eat as much raw & fresh food as possible and not even cook it.

BREAKFAST - This should be the "main meal" of the day. An engine must have fuel to run on and so must the body. The amount of digestive juices the body creates decreases with age. (See God's Plan Basic Menu).

LUNCH - This should be a good meal like breakfast. Vegetables and grains can be eaten at this meal. A lot of variety can make this a pleasant meal and very easy to prepare.

Note: All food should be fresh, unspoiled, "organically grown" as far as possible. The object is to avoid insecticides and other sprays as well as to get produce with the best balance of trace minerals from the soil.

All fruit, preferably fresh. Second choice canned in glass with fruit juice or water packed. All greens, especially cabbage, broccoli, turnip greens, mustard greens, collard, or kale.

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Use spinach, chard, or beet greens sparingly because of oxalate content.

All herbs that are mild.

All legumes (beans, peas, lentils, and garbanzos).

All whole grains. You need two kinds daily plus a legume to get optimal balance of amino acids.

Nuts in moderation. The better ones are the non-tropical nuts such as almonds, filberts, pecans, and walnuts.

All nutritional needs on a PREVENTIVE type diet can be secured from daily servings of the foods listed below:

A citrus fruit plus another fruit.

A yellow vegetable such as carrots, etc.

A green vegetable, greens or herbs

A legume

Two types of whole grains

Tubers and nuts may be added as desired by the appetite

Special instructions:

Cook in stainless steel, corning ware, or Pyrex glass

No aluminum cookware

Avoid microwave

No pressure cooking

No "irradiated" produce

GOD'S PLAN BASIC MENU

I. BREAKFAST:

+ Cooked Grain - such as one of the following:

Millet

Brown Rice

Barley

Rolled Oats

Buckwheat

Spelt

Quinoa

+ Fresh Fruits: - Select 2-3 kinds - especially Apples

+Fruit Sauce or Spread: - Mix 2 fruits in a blender-for sweetener add raisins or dates - (If diabetic or hypoglycemia, do not eat dried fruits - omit)

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- + Almonds: - 8-10
- + Sunflower Seeds: - or pumpkin seeds, or sesame seeds-1
Tablespoon
- + Grain or nut milk - (optional)
How to make grain or nut milk:
Grain milk: millet or brown rice
1 Cup of cooked grains
2-3 Cups of water - (The amount determines the
thickness)
Blend in blender - salt to taste

Nut milk:
1 Cup raw nuts or seeds
2-3 Cups of water - (The amount determines the thick
ness)
Blend until liquid. Salt to taste.

II. Dinner:

- + Cooked Grain: One of the following:
Brown Rice, Corn, Millet
or
Potato - Baked or Boiled
Whole Grain Pasta
- + Steamed Green: Vegetables or cooked fresh peas or beans
- + Raw Salad: Leaf lettuce or Romaine - along with carrot sticks,
celery, radish, green peppers, plenty of sprouts
- + Salad dressing: Lemon juice/honey (if not a diabetic or low blood
sugar)
Sunflower Seed Dressing:
Whiz in blender until very creamy:
1 2/3 C water
1 tsp. salt (optional)
1/2 tsp. garlic powder
1 tsp. onion powder
1 C sunflower seeds
1/3 C lemon juice, Fresh is best.

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+ Bread - Whole Grain - Optional

III. Supper: Very light - Five hours before bedtime

+ Vegetable Soup - Zwieback whole grain bread
or
Fruit Salad and Bread

APPLYING THE ACID/ALKALINE FOOD THEORY

Food chemistry is based on this chart philosophy. The dietary ration should be 80 percent alkaline foods and 20 percent acid-forming foods. The acid-binding (alkaline) elements are calcium, potassium, sodium, magnesium and iron. Acid-forming elements are phosphorus, chlorine, sulfur, silicon, iodine (and also bromine).

Biochemistry divides foods, like the biochemical elements, into alkaline-forming (most fruits and vegetables) and acid-forming (most starches and proteins). We find that alkaline blood and an alkaline body promotes good health and vigor. The acid state is associated with toxic and enervated body. Acids are the grim reapers of death. Body organs and glands depend on secretions that are alkaline for optimal health.

A good regimen to follow is to have two fruits a day, preferably at breakfast, six vegetables (or more with salads), a good protein and a good starch to maintain the 80/20 ratio. A raw salad with both the noon and evening meal is suggested. Have the starch at noon and the protein in the evening, or reverse them if you want.

We build acids mentally during the day when the sun is up, and the night is when the alkalizing moon rises and we should rest. Negative thoughts and attitudes such as fear, hate, gossip, unhappiness, anger, selfishness, jealousy, lack of love build acids as do overwork and late hours and polluted areas. Rest, sleep, fresh air, sunshine, laughter, good companions, love, happiness, joy, satisfaction and a positive philosophy encourage alkalinity.

ACID-ALKALINE FOOD CHART

ALKALINE FRUITS

Apples and cider
Apricots
Avocados
Bananas (speckled only)
Berries (all)
Breadfruit
Cactus
Cantaloupe
Carob, pod only
Cherimoyas
Cranberries**
Cherries
Citron
Currants
Dates
Figs
Grapes
Grapefruit
Guavas
Kumquats
Lemons, ripe
Limes
Loquats
Mangoes
Melons, all
Nectarines
Olive, sun dried
Oranges
Papayas
Passion Fruit
Peaches
Pears
Persimmons
Pineapple, fresh if ripe
Plums**
Pomegranates
Pomelos
Prunes and juice**
Quince
Raisins
Sapotes
Tamarind
Tangerines

All preserved or jellied, canned, sugared, (dried) sulphured, glazed fruits; raw with sugar; bananas, if green tip; cranberries; olives: pickled, green.

(** denotes slightly acid)

ALKALINE VEGETABLES

Artichokes
Asparagus, ripe
Bamboo shoots
Beans: green, lima, string, sprouts
Beets and tops
Broccoli
Cabbage, red and white
Carrots
Celery, entire
Cauliflower
Chard
Chayotes
Chicory
Chives
Collards
Cowslip
Cucumber
Dandelion greens
Dill
Dock, green
Dulse (sea lettuce)
Eggplant
Endive
Escarole
Garlic
Horseradish, fresh
Jerusalem artichoke
Kale
Kohlrabi
Leek
Legumes, *except peanuts and lentils*
Lettuce and romaine
Mushrooms** (most varieties)
Okra
Onions
Oyster plant

ACID-ALKALINE FOOD CHART, pg. 10

Parsley
Parsnips
Peppers, green or red
Potatoes (all varieties)
Pumpkin
Radish
Rhubarb (oxalic acid)
Rutabaga (swede)
Salsify
Sauerkraut (lemon only)
Sorrel
Soybeans**
Soybean extract
Spinach
Squash
Taro, baked
Turnips and tops
Water chestnut
Watercress

ACID VEGETABLES

Artichokes
Asparagus tips, white
Beans, all dried
Brussels sprouts
Garbanzos
Lentils
Rhubarb

ALKALINE DAIRY PRODUCTS

Acidophilus culture
Buttermilk
Koumiss
Milk, raw (freshly drawn, human, goat, cow)
Whey
Yogurt
Clabbered milk
Kefir

ACID FLESH FOODS

All meat: red meat, fowl, fish
Beef tea
Shellfish
Gelatin
Gravies

ALKALINE CEREAL GRAINS

Corn, green (1st 24 hours)
Millet

ACID CEREAL GRAINS

All flour products
Buckwheat
Barley
Breads, all varieties
Cakes
Corn, cornmeal, corn flakes, starch and hominy
Crackers, all
Doughnuts
Dumplings
Grapenuts
Macaroni and spaghetti
Noodles
Oatmeal
Pies and pastries
Rice

ALKALINE MISCELLANEOUS

Agar
Alfalfa products
Coffee substitutes
Ginger, dried, unsweetened
Honey
Kelp (edible)
Teas, unsweetened
Yeast cakes
Rest and sleep
Positive thoughts (joy, etc)

ACID MISCELLANEOUS

All alcoholic beverages
Candy and confectionery
Cocoa and chocolate
Soda pop
Coffee
Condiments as: curry, pepper, salt, spices, etc.
Dressings and thick sauces
Drugs and aspirin
Eggs, especially whites
Ginger, preserved
Jams and Jellies

ACID-ALKALINE FOOD CHART, pg.11

Flavorings
Marmalades
Mayonnaise
Preservatives as: benzoate, sulphur, vinegar, salt (brine),
smoke
Sago (starch)
Sodawater
Tapioca (starch)
Vinegar
Lack of sleep
Overwork
Worry, late hours
Negative thoughts: fear, hate, misery

ALKALINE NUTS

Almonds
Chestnuts, roasted
Coconut, fresh

ACID NUTS

All nuts, especially roasted
Dried coconut
Peanuts

NEUTRAL FOODS

Sugar, refined
Oils: olive, corn, cotton seed, peanut, soy, sesame, etc.
Fats, and other greases

EASILY DIGESTED FOODS

VEGETABLES

Artichokes
Asparagus
Beans, tender string
Beet greens
Beets, tender
Broccoli
Butter beans, green
Cabbage; chinese, red, savoy
Carrots, tender
Cauliflower, tender
Celery
Chard, swiss
Chayote
Corn on the cob, tender

Dandelion
Dwarf nettles
Leeks leaves
Okra
Onions, green
Peas, tender young
Rhubarb
Romaine
Spinach, tender green
Spinach, New Zealand
Squash
Tomatoes, ripe

MISCELLANEOUS

Alfalfa bud salads
Almond oil
Clover blossom
Cod liver oil
Coconut oil
Honey

MEAT, FISH, CHEESE & EGGS

Cheese, roquefort
Clam broth
Duck, broiled wild
Eggs, omelet, cooked slightly
Fowl, young wild
Game, young
Gizzard broth
Goose
Lamb
Liver - from young animals
Oyster broth
Quail
Roe
Squab, broiled
Shad
Tuna, broiled
Whiting

DAIRY PRODUCTS

Goat butter
Goat buttermilk
Whey

ACID-ALKALINE FOOD CHART, pg. 12

FRUITS AND VEGETABLES

Apples, custard

Apples, baked

Apples, mellow

Apples, sun dried

Apricots, sweet ripe

Avocado

Blueberries and juice

Brambleberries

Cherries, black, ripe

Cloudberries

GOD'S PLAN RECORD

for (name) _____

Instructions: The **GOD'S PLAN** record is designed to monitor your progress in staying on your plan for better living. (1) Set your goals for the WEEK in advance by writing your goal in each blank; (2) At the end of each DAY, circle all the day-initials for each goal you met. Cross out each one not reached.

If you are able to attain at least four days out of the week for each of the 8 goals, you may consider yourself to be growing in **GOD'S PLAN**.

Remember, it's not the occasional good deed or bad deed but the trend that counts. Make your progress a subject of prayer, and painfully surrender your will to the Lord so that He can give you the power for **VICTORY**.

SAMPLE

GOALS for Week Beginning Sun. 4 - 2	19 02
Godly Trust	<u>1 hr/day prayer & bible study</u>
	S M T W TH F S
Open Air	<u>windows open; 1hr./day outside</u>
	S M T W TH F S
Daily Exercise	<u>Walk 5 miles/day</u>
	S M T W TH F S
Sunshine	<u>Spend 15 minutes a day in sunshine</u>
	S M T W TH F S
Plenty of Rest	<u>Bed at 9:30PM</u>
	S M T W TH F S
Lots of Water	<u>Drink 8 glasses/day</u>
	S M T W TH F S
Always Temperate	<u>I will not bring work home with me</u>
	S M T W TH F S
Nutrition	<u>I will eat 50% raw foods</u>
	S M T W TH F S

GOALS for Week Beginning Sun. ____	20 ____
Godly Trust	_____
	S M T W TH F S
Open Air	_____
	S M T W TH F S
Daily Exercise	_____
	S M T W TH F S
Sunshine	_____
	S M T W TH F S
Plenty of Rest	_____
	S M T W TH F S
Lots of Water	_____
	S M T W TH F S
Always Temperate	_____
	S M T W TH F S
Nutrition	_____
	S M T W TH F S

GOALS for Week Beginning Sun. ____	20 ____
Godly Trust	_____
	S M T W TH F S
Open Air	_____
	S M T W TH F S
Daily Exercise	_____
	S M T W TH F S
Sunshine	_____
	S M T W TH F S
Plenty of Rest	_____
	S M T W TH F S
Lots of Water	_____
	S M T W TH F S
Always Temperate	_____
	S M T W TH F S
Nutrition	_____
	S M T W TH F S

GOALS for Week Beginning Sun. ____	20 ____
Godly Trust	_____
	S M T W TH F S
Open Air	_____
	S M T W TH F S
Daily Exercise	_____
	S M T W TH F S
Sunshine	_____
	S M T W TH F S
Plenty of Rest	_____
	S M T W TH F S
Lots of Water	_____
	S M T W TH F S
Always Temperate	_____
	S M T W TH F S
Nutrition	_____
	S M T W TH F S

GOALS for Week Beginning Sun. ____	20 ____
Godly Trust	_____
	S M T W TH F S
Open Air	_____
	S M T W TH F S
Daily Exercise	_____
	S M T W TH F S
Sunshine	_____
	S M T W TH F S
Plenty of Rest	_____
	S M T W TH F S
Lots of Water	_____
	S M T W TH F S
Always Temperate	_____
	S M T W TH F S
Nutrition	_____
	S M T W TH F S