

“Connecting to Wellness” Cheat Sheet

1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

Adult Meal Tracking Sheet

Name

Date:

Current Weight

Current BMI

IDEAL WEIGHT

IDEAL CALORIE

of Meals

IDEAL RATIOS

Per Meal

No High Fructose Corn Syrup

CARBOHYDRATES

	g
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PROTEINS

	g
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No Partially Hydrogenated Oils

FATS

	g
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