

Date ____/____/____

Day _____

Primary Focus *Renewing my mind as a habit. Three times a day and when boundaries broke.*

Primary Boundary *3 meals a day. No snacks. No 2nd helpings.*

Secondary Boundaries *Eat as little as possible to meet the need. (Eat like a thin person.)
Exercise daily.*

Journal Entry

Time and circumstance _____

What is the cue? _____

Feelings and belief _____

Lies vs Truth _____

What is God teaching me? _____

Journal Entry

Time and circumstance _____

What is the cue? _____

Feelings and belief _____

Lies vs Truth _____

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Journal Entry

Time and circumstance _____

What is the cue? _____

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