



Keeping Track of Change



"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." Galations 6:9

Keeping track of what you eat and how much physical activity you do can help you chart progress, set goals, identify areas that need improvement and become more aware of your behavior. Really understanding and being aware of your behavior is the first step in being able to change it. Research has shown that people who more strictly keep track of their behavior are more likely to be able to change that behavior. We are less likely to eat that extra piece of cake or skip our physical activity for the day if we know we have to write it down in our log! So why not, try keeping track of how many fruits and veggies you eat or how many minutes of physical activity you can accumulate in a day-you may be surprised!

More information about the programs about physical activity and healthy eating being offered at our church, please contact _____ at _____.



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