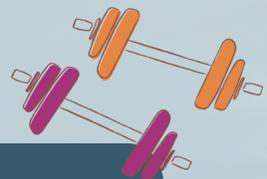


# Health Journal

Year **2022**



January	<input type="checkbox"/>	May	<input type="checkbox"/>	September	<input type="checkbox"/>
February	<input checked="" type="checkbox"/>	June	<input type="checkbox"/>	October	<input type="checkbox"/>
March	<input type="checkbox"/>	July	<input type="checkbox"/>	November	<input type="checkbox"/>
April	<input type="checkbox"/>	August	<input type="checkbox"/>	December	<input type="checkbox"/>

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Spiritual health	X	X		X	X																										
Mental health		X	X	X	X																										
Physical health	X	X		X																											
Relational health	X	X	X		X																										



- Spiritual health**
- Read Bible
  - Pray
  - Journal
  - Listen to worship music
  - Fast
  - Confess sin

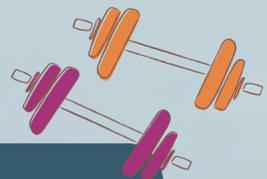
- Mental health**
- Take a walk
  - Listen to music
  - Take a bath
  - Turn off your phone
  - Read a book
  - Dance to music

- Physical health**
- Workout
  - Take a walk
  - Stretch
  - Go to bed early
  - Drink enough water
  - Prep a healthy meal

- Relational health**
- Meet a friend
  - Connect with a family member
  - Arrange a meet-up
  - Call or text someone
  - Write a letter
  - Go to church

# Health Journal

Year



January	<input type="checkbox"/>	May	<input type="checkbox"/>	September	<input type="checkbox"/>
February	<input type="checkbox"/>	June	<input type="checkbox"/>	October	<input type="checkbox"/>
March	<input type="checkbox"/>	July	<input type="checkbox"/>	November	<input type="checkbox"/>
April	<input type="checkbox"/>	August	<input type="checkbox"/>	December	<input type="checkbox"/>

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Spiritual health																															
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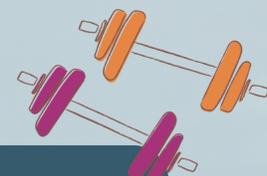
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Spiritual health																															
Mental health																															
Physical health																															
Relational health																															



Spiritual health

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Mental health

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Physical health

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-

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Relational health

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