

Hunger ~ Satisfied Testimony

*Whatever you do in word or deed, do all in the name of the Lord Jesus,
giving thanks through Him to God the Father. Colossians 3:17*

Date _____

Water 1 2 3 4 5 6 7 8 9 **Vitamins:** Multi Probiotic B Complex Vitamin D Calcium/Magnesium Omega

Breakfast

Hunger Scale: Still full from last meal 1 2 3 4 5 6 7 8 9 10 Ravenous

Time _____

Fullness Scale: Still hungry 1 2 3 4 5 6 7 8 9 10 Stuffed like a tick

Food _____

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How do you feel about your eating for these two days? _____

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So whether you eat or drink or whatever you do, do it all for the glory of God.
1 Corinthians 10:31

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I have told you this so that my joy may be in you and that your joy may be complete.

John 15:11

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You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. John 15:16

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These things I have spoken that you may be kept from stumbling. John 16:1

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Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God--this is your true and proper worship. Romans 12:1

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Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is--his good, pleasing and perfect will. Romans 12:2

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