

Lifestyle Choices Sheet

(Version 2)

Instructions: Please print this sheet, double-sided, and check it every day. Don't forget to claim a healing promise with your name in it, as you check each step of the program.

How to calculate your water number (W#): (Body weight * 0.8) / 4.

E.g.: For a 150 pound person; w# is 30z ((150 * 0.8)/4).

Time	Items	Notes
5:30	Rising Time <input type="checkbox"/> Drink (W#)____oz of warm water with the juice of one lemon. <input type="checkbox"/> Take 3m hot and 1m cold shower or cool sponge bath. <input type="checkbox"/> Take a walk outdoors for 10-15 minutes, breath deep.	Lemon juice: Usually 1oz. Wintertime? Just walk in place or in a treadmill with an open window or bundle up!
6:30	Personal Devotional Time <input type="checkbox"/> Take time to pray and read God's word. <i>(Help? Reach out for tips)</i> <input type="checkbox"/> List three things for which you are thankful	Tip: Text them someone or write them in a diary.
7:00	Exercise Time! (Choose the ones appropriate for you.) <input type="checkbox"/> HVT, <input type="checkbox"/> Treadmill, <input type="checkbox"/> Nordic (pole) walking, <input type="checkbox"/> Mini Trampoline <input type="checkbox"/> Other:	Tip: Remember that your goal is sweating! Usually for 30m.
8:00	Breakfast <input type="checkbox"/> 80% Fresh Fruit (minimum): <hr/> <input type="checkbox"/> Nuts and Seeds: <hr/> <input type="checkbox"/> 20% cooked (at most): <input type="checkbox"/> Supplements (if any): <input type="checkbox"/> Walk 5-10 min after your meal. This helps with digestion.	If you are doing Back to Basic/GI Reset, then use the meal specify there in this time. Tip: Write in this section what you ate to track any possible reactions/allergies.
10:30	<input type="checkbox"/> Drink Water (W#)____oz. <input type="checkbox"/> Supplements (if any): <input type="checkbox"/> Walk 5-15 minute outdoors.	
2:00	Lunch <input type="checkbox"/> 80% Fresh Vegetables/ Herbs: <hr/> <input type="checkbox"/> 20% cooked (at most): <input type="checkbox"/> Supplements (if any): <input type="checkbox"/> Walk 5-10 min after your meal. This helps with digestion.	Tip: If possible, extend your walking time to 30m, outdoors, after your meal.
4:30	<input type="checkbox"/> Drink Water (W#)____oz. <input type="checkbox"/> Supplements (if any): <input type="checkbox"/> Walk 5-15 minute outdoors.	

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6:30	Wind Down Routine <input type="checkbox"/> Drink Cold Water (W#) ____ oz. <input type="checkbox"/> Supplements (if any): <input type="checkbox"/> Walk 5-15 minute outdoors. <input type="checkbox"/> Play Time (Keep it active and fun, optional) <input type="checkbox"/> Evening Worship <input type="checkbox"/> Bring all your joys, wants, etc. to God! (1 Peter 5:7) <input type="checkbox"/> Gratitude Therapy: Express your gratitude God and those around you. <input type="checkbox"/> Therapy (if applicable): <input type="checkbox"/> Infrared Sauna, <input type="checkbox"/> Poultice. <input type="checkbox"/> Other: <input type="checkbox"/> Personal Hygiene	Tip: Please make you stay away from blue light! Let's turn off TV, phone, laptop, etc. and enjoy time with your loved ones. Tip: Don't forget to sing happy songs in your worship time Tip: Alone? Call someone to express your gratitude to or with. If you need other ideas, lets us know.
8:30	Bedtime! (no later than 9pm) <input type="checkbox"/> Make sure your accounts are clear with God, make things right if needed. Ask for sweet, repairing sleep.	Tip: Read Psalm 3 and 4 and claim the promises there.

Promises for Healing

"Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not." Jeremiah 33:3.

"Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth." Jeremiah 33:6.

"I will heal their backsliding, I will love them freely: for mine anger is turned away from him." Hosea 14:4.

"Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed." 1 Peter 2:24.

"Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's." Psalm 103:2-5.

"For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD; because they called thee an Outcast, saying, This is Zion, whom no man seeketh after." Jeremiah 30:17

"Heal me, O LORD, and I shall be healed; save me, and I shall be saved: for thou art my praise." Jeremiah 17:14.

"Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much." James 5:14-16.

"I will extol thee, O LORD; for thou hast lifted me up, and hast not made my foes to rejoice over me. O LORD my God, I cried unto thee, and thou hast healed me. O LORD, thou hast brought up my soul from the grave: thou hast kept me alive, that I should not go down to the pit." Psalm 30:1-3.

"By humility and the fear of the LORD are riches, and honour, and life." Proverbs 22:4.

"But thus saith the LORD, Even the captives of the mighty shall be taken away, and the prey of the terrible shall be delivered: for I will contend with him that contendeth with thee, and I will save thy children." Isaiah 49:25.