

My Adventurer Nutrition and Health Journal



Seven Days Health Journal.

My Name: _____

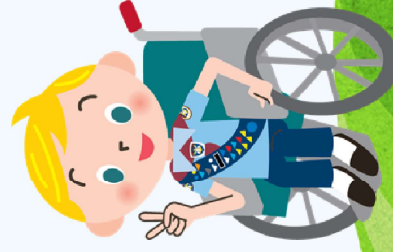
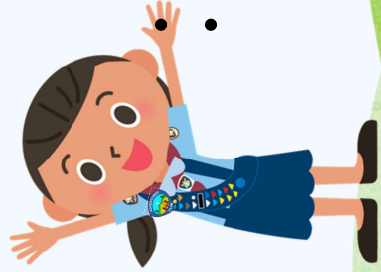
My Club Name: _____

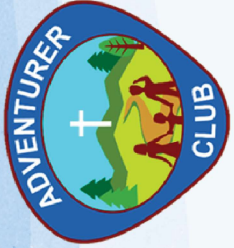
North American Division - Adventurer Ministry



Instructions

- Sign the Adventurer Health Pledge
- Print and keep track for one week.
 - Write about what you learned from your devotional.
 - Write about what you ate each day.
 - Circle the physical activities to do that day.
- Create your healthy plate.
- Share it with others in your club.





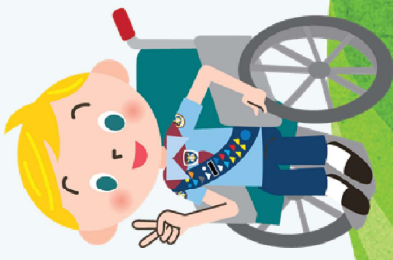
Adventurer Health Pledge Card



I make a pledge today
In front of all my friends
to honor God my Creator
with the choices that I make.

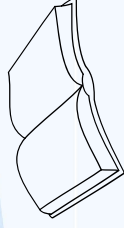
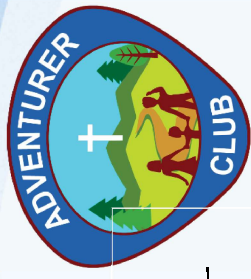
I pledge to stay healthy and clean
through exercise, food, and good hygiene.

I pray for God's guidance
to keep his ten commandments.
May the Bible be a light unto my path
And Your Word be written in my heart.



I, _____ make this health pledge today.
Date: _____

Adventurer Health Journal Day 1: Sunday



My Daily Devotional

Number of serving I eat today:

Fruits	Vegetables	Grains	Milk Dairy	Protein	Water

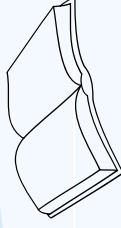
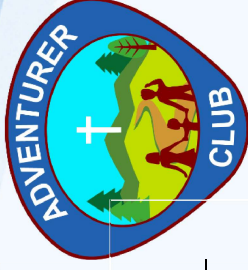
What I ate today:

How I exercised today:

Adventurer Health Journal

Day 2: Monday

My Daily Devotional



Number of serving I eat today:

Fruits	Vegetables	Grains	Milk Dairy	Protein	Water

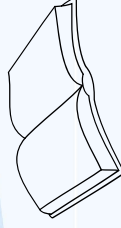
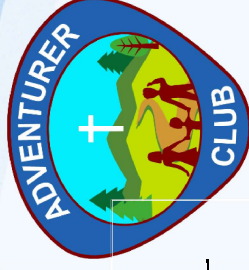
What I ate today:

How I exercised today:

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Day 3: Tuesday

My Daily Devotional



Number of serving I eat today:

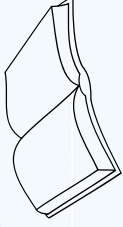
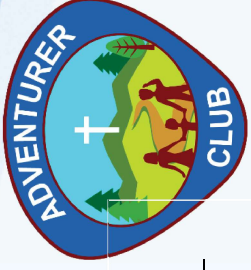
Fruits	Vegetables	Grains	Milk Dairy	Protein	Water

What I ate today:

How I exercised today:

Adventurer Health Journal

Day 4: Wednesday My Daily Devotional



Number of serving I eat today:

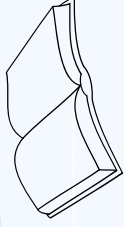
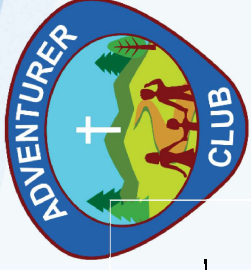
Fruits	Vegetables	Grains	Milk Dairy	Protein	Water

What I ate today:

How I exercised today:

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Day 5: Thursday My Daily Devotional



Number of serving I eat today:

Fruits	Vegetables	Grains	Milk Dairy	Protein	Water

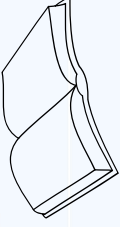
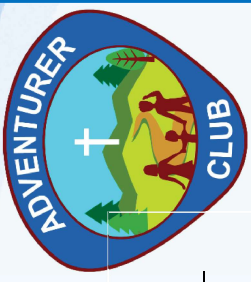
What I ate today:

How I exercised today:

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Day 6: Friday

My Daily Devotional



Number of serving I eat today:

Fruits	Vegetables	Grains	Milk Dairy	Protein	Water

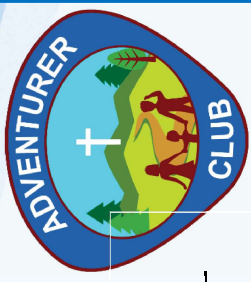
What I ate today:

How I exercised today:

Adventurer Health Journal

Day 6: Saturday

My Daily Devotional



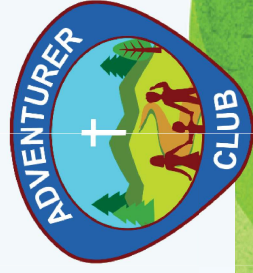
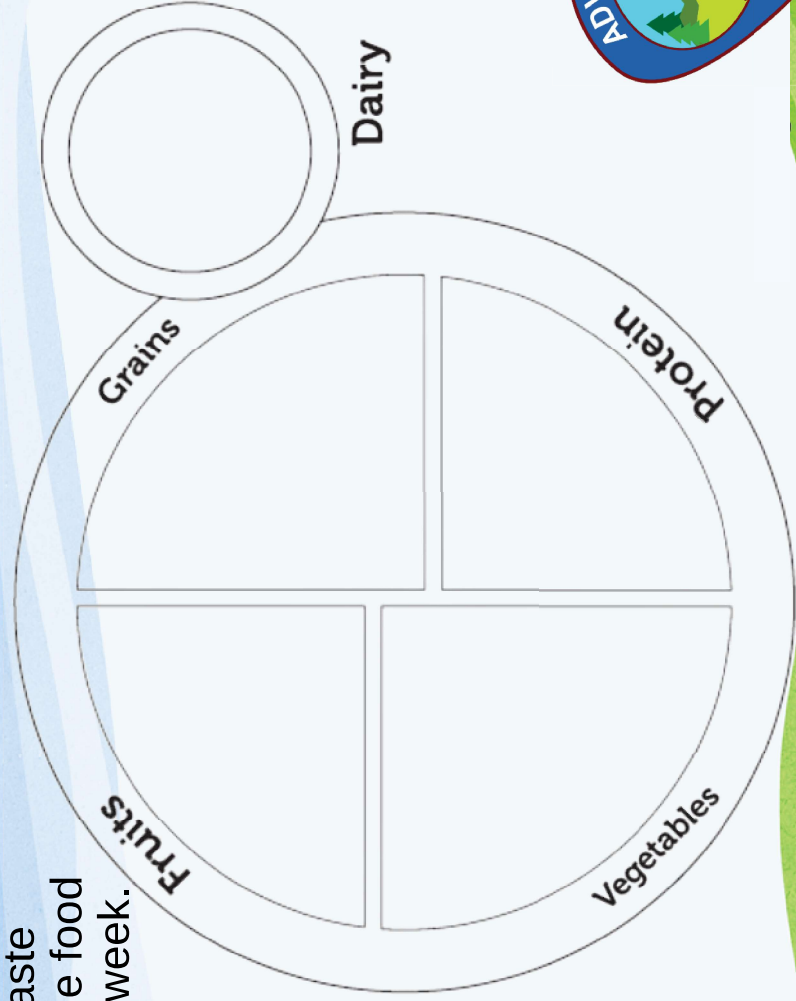
Number of serving I eat today:

Fruits	Vegetables	Grains	Milk Dairy	Protein	Water

What I ate today:

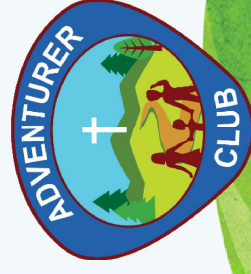
How I exercised today:

Draw or paste pictures of the food you ate this week.



Adventurer Nutrition and Health Journal Resources

- <https://www.myplate.gov/life-stages/kids>
- <https://i.pinimg.com/originals/0b/2a/6e/0b2a6e0ec8e95f333f488041246e534d.jpg>
- <https://www.faithfinders.com/books> AdventSource: Celebration Healthy Inside Out! This book is available in pdf format to download.



the end

