GOD’S

 **RX**

 PLAN

 **GOD'S PLAN**

 **FOR**

 **Health and Happiness**

***“Beloved, I wish above all things, that thou mayest prosper and be in health...” 3 John 2***

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Pathway of Natural Health



 Pernell and Brenda Sullivan

 GOD'S PLAN

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**God’s Plan for Your Health and Happiness**

**“Disease is an effort of nature to free the system from**

**conditions that result from a violation of the laws of health. In case of**

**sickness, the cause should be ascertained. Unhealthful conditions should be**

**changed, wrong habits corrected. Then, nature is to be assisted in her effort**

**to expel impurities and to reestablish right conditions in the system.”**

***Ministry of Healing p. 127***

**“Pure air, sunlight, abstemiousness, rest, exercise,**

**proper diet, the use of water, trust in divine power, - these are the true**

**remedies. Every person should have a knowledge of nature’s remedial**

**agencies and how to apply them. It is essential both to understand the**

**principles involved in the treatment of the sick and to have a practical**

**training that will enable one rightly to use this knowledge.**

**The use of natural remedies requires an amount of care and effort that**

**many are not willing to give. Nature’s process of healing and upbuilding is**

**gradual and to the impatient it seems slow. The surrender of hurtful**

**indulgences requires sacrifice. But in the end it will be found that nature,**

**untrammeled, does her work wisely and well. Those who persevere in**

**obedience to her laws will reap the reward in health of body and health of**

**mind.” *Ministry of Healing* p. 127**

**1. Godly Trust :**

An abiding faith in a loving God will help you rest as well. Rest your life in His hands. He has

made every provision to forgive every sin and cleanse every sinner of all our past mistakes. Ask

Him. He promises to blot out all those mental records of sins in the heart, the love for sin, that

tempt us.

He has also put Himself on record in the Bible to keep us from sinning and help us obey His

laws from love, if we will only “be willing to be made willing”. He wants us to work our minds

so that we want to do right, as well as to supply us with power so that we will, indeed, obey

Him. His laws are really promises. Every promise that He has made by way of a law, is part of

our inheritance. (Deuteronomy 33:4; Galatians 3:17-19) In order to start obtaining our

inheritance from the heavenly Father, we must be “born again” or be adopted into His family.

We then have the right to go by prayer to His throne in the courts of heaven and present our

request to Jesus, the Executor-Mediator, of the estate. If we go by faith after repentance and

dedication to Him, the request will be freely granted if our request is according to the “will” of

God.

***God’s Plan for Your Health and Happiness***, *pg. 2*

Jesus said in His prayer for the disciples: “Thy kingdom come; Thy will be done in earth as it is

in heaven....”

**2. Open Air:**

Pure fresh air is very important. That means good air with negatively ionized particles from

forests and oceans. Do deep breathing exercise daily (three times a day is best). Be sure to

do this the first time early in the morning before breakfast. Take a deep breath to full expansion,

hold, exhale, and hold that. Repeat this 20 times. This helps the circulation and gets toxins out

of the system. Breathe fresh air while sleeping (open windows). Even on cold winter nights,

keep window cracked. Air the bedrooms daily with the open windows. A good time is in the

morning so that the room can warm up again if it’s cold. Do not smoke tobacco or breathe

second-hand smoke. **Avoid smog and all chemicals, cleaning solutions, solvents, paint**

**removers, insect sprays, deodorants, hair dyes, disinfectants, pest strips, etc.**

**3. Daily Exercise:**

“Conditioning” exercise is what you need. This the type of exercise that will increase your

endurance gradually. You may use three things to help you guide yourself in the intensity that

you exercise:

Guide (1) Learn what your safe ten-second pulse rate for your age should be during exercise.

Learn how to count your ten-second pulse beat and exercise up to that degree.

Guide (2) Exercise to the intensity that you are barely able to carry on a conversation with

someone as you exercise.

Guide (3) If you should develop chest pain during exercise, stop at that point. Follow the

advice of your physician.

Exercise a minimum of 20-30 minutes at the peak of endurance daily if at all possible, at least

every other day. The body forces seem to “escape” from good condition rather easily.

Walking is good exercise. Act your age — use a walking stick for stability and for protection

against stray dogs. Begin a program of walking on the first day. Walk as far as is comfortable,

gradually work up to five miles per day. Take two baths in purest water possible without soap

daily, dry brushing the skin before each shower or bathe with a stiff brush.

Take deep breathing exercises three times daily, breathing in as deeply as possible and holding

to the count of twenty, breathing out as deeply as possible and holding out to the count of ten.

Repeat this exercise twenty times, always in fresh air. MAINTAIN GOOD POSTURE,

STANDING, SITTING, AND LYING.

Range of Motion exercises

Massage when appropriate to aid in the circulation of the blood equally throughout the system

for relieving pain.

***God’s Plan for Your Health and Happiness***, *pg. 3*

Use the following liniments for relieving pain and to help remove toxins from affected areas:

- 8 oz. of cold pressed peanut oil mixed with 5-6 freshly squeezed and strained

lemon juice. Shake well before each use and apply 1-2 times daily on affected area.

**OR**

- 4 oz each of witchhazel and wintergreen oil

- 4 oz pure olive oil

- 4-6 Tablespoons of cayenne pepper

Mix all the above - Shake well - Use as needed. Do not use this when the area is

inflamed.

**4. Sunshine**:

Sunshine has several benefits to the body. It furnishes the natural vitamin D and helps to lower

cholesterol. The vitamin D that is produced through the process of the sun aids in calcium

assimilation in the body. Sunlight increases the volume of oxygen in the blood. Start with 10-15

minutes exposure to the face and hands daily up to 30-45 minutes daily. The body stores the

vitamin D readily for over a week. The best times for sunbathing are the hours between 9 a.m.

and 9:30 a.m. and 4:30 p.m. and 5:30 p.m. Avoid burning. Also, to avoid the risk of skin cancer,

reduce the free fat intake, such as oils, margarine and other foods of this nature. It would be best

to avoid these foods altogether.

**5. Plenty of Rest:**

Get adequate restful sleep. A light supper will help. Try to avoid stressful circumstances.

Establish good habits and this will help. Anyone familiar with “jet lag” knows how well the body

works with habits. A relaxing soak in warm water may help you unwind enough after a stressful

day so that you will not need that harmful sleeping pill. Regular times for going to bed and rising

will also help. The best time to go to bed is between 9:00 - 9:30 p.m. and no later.

**6. Lots of Water:**

**Internal Use:** The body needs water for optimal function. Drink daily

pure soft water; distilled water is the best. To determine your recommended daily water intake,

use the following formula:

1. **Your weight ÷ 2 = x 2**. then **x ÷ 8 = the number of 8oz glasses of water you should**

**drink daily**.

Drink more if you sweat much. This will help your endurance. Carry a supply with you. Drink

before breakfast. Upon rising, drink 2 glasses at room temperature with a freshly squeezed

lemon in it. Also drink between meals, (stop about 30 minutes before a meal and wait 45 minutes

to 1 hour after a meal), and early enough before bedtime so that you do not have to get up from

sleep to empty you bladder. Do not drink water or liquids with your meals.

**For External Use**: Shower daily with cool or tepid water using a bath brush or a good

washcloth and rub your skin all over. This increases the circulation and helps to get toxins out.

Dry off with a coarse towel rubbing skin again. Two showers a day for the first two weeks

would be beneficial.

***God’s Plan for Your Health and Happiness***, *pg. 4*

**7. Always Temperate:**

Live by the clock, especially during the first month, keeping all things on schedule as much as

possible: meals, bedtime, arising, physical hygiene, study, work, prayers, etc.

Abstain from all harmful substances. Absolutely avoid tobacco, alcohol, coffee, tea (except

herb teas), colas and soft drinks. For a few weeks avoid any hot or cold/frozen foods or

drinks. The stomach has to work hard to either cool or warm the food to the proper

temperature to digest. Eat no flesh food or canned “fake meat”. They contain too many

carcinogens. Use no dairy products (butter, milk, cheese - even cottage or cream cheese -or

whey). Read labels and buy nothing with chemicals listed as ingredients. A safe rule is, if you

can’t pronounce the name, it probably isn’t safe to eat. Use no eggs or egg products. Use no

vinegar or products containing it (pickles, ketchup, mayonnaise, salad dressing, etc.) Use no

spices. Spices are parts of trees or plants that grow in tropical regions. Herbs are fine. Herbs

are parts of plants that grow in temperate regions. (Examples of spices: allspice, cinnamon,

cloves, ginger, mustard seed, & nutmeg) There are many good herbs to take their place (basil,

bay leaf, coriander, cilantro, cumin, dill, fennel, marjoram, mint, paprika, parsley, rosemary,

saffron, sage, savory, tarragon, thyme). Use no irritating peppers (no black pepper, white

pepper, or hot peppers (jalapeno, chili, or pepper sauce). Cayenne pepper can be used

medicinally. Bell, pimento, cherry, banana and all “not-hot” peppers are o.k.. Use no baking

soda or baking powder even if they have had the aluminum removed. Eat bread products

raised with yeast or hydrogen peroxide or unraised crackers/breads. Watch labels because

many items contain baking powder or soda (crackers, cookies, cereals, even some bottled

water). Reduce the oil or fat consumption. For the first few weeks eliminate margarine and do

not fry any foods. Canola oil is good to use on baking pans, waffle irons, or very hot items to

keep foods from sticking when baking. Olive oil is good too, but cannot be heated as hot as

other oils. It imparts a nice flavor. Use no sugar, brown sugar, artificial sweeteners or products

containing them. Replace with honey, molasses, or real maple syrup.

Be moderate even in the good things. Do not overeat of even good foods. Do not eat too

many varieties at one meal. Three or four items are plenty. Eat food at meal times. Drink no

water with meals. Chew slowly and let the saliva in the mouth mix with the food. Don’t

swallow it until it’s “creamy”. The saliva is needed to help the stomach digest the food. Even

any small amount of juice or liquid at a meal should be swished around in the mouth to mix it

with the saliva. Do not mix fruits and vegetables at a meal. Grains may be eaten with either

fruits or vegetables. **See God’s Plan Basic Menu.**

Wait at least 5 hours from the time one meal is ended before the next is started. The stomach

needs about four hours to digest its food. It also needs to rest before more food is introduced.

Most people overwork their stomach, and it is never allowed to rest. Two meals a day is the

best plan (8:00 a.m. and 2:00 to 3:00 p.m. are good times). If you want three, 6:30, 12:00, &

5:30 are about the best times. Several hours need to go by after supper before bedtime since

digestion ceases when sleep begins. All food needs to be digested before bedtime.

***God’s Plan for Your Health and Happiness***, *pg. 5*

Food that does not digested in the four-hour time period begins to ferment, and upset stomach

may be the result.

Eat NOTHING between meals. Any little crumb of food makes your stomach start the entire

process of digestion all over again. That means don’t even “taste” something being cooked for

another meal. Chewing gum is also a “no-no” since the mouth continues to produce saliva to

digest it since it thinks the gum is food. Drink water between meals.

Clothing should be modest and keep all the extremities warm, but wear as many layers on them

as are worn on the trunk to avoid congestion of blood in the trunk. No tight elastic bands or

belts should be used. Suspenders are actually better than a belt to hold up pants. Weight from

clothing should rest upon the shoulders and not the waist.

Hard work doesn’t kill anyone, but over work does.

If overweight, weight reduction is essential.

**8. Nutrition:**

The aim of the diet is to help you (1) avoid all refined foods; (2) select proper foods for

adequate intake of balanced amino acids, vitamins, minerals, and trace elements; (3) choose

types of nutrients which will help you lose weight as needed and clear the body of excess

cholesterol and other unwanted materials that cause degeneration of the tissues. Eat fruits,

vegetables, nuts and seeds, legumes, and grains in as fresh a state as possible. Fresh fruits and

vegetables are preferred. Frozen is next best. Fruits or vegetables canned in glass with fruit

juice or water pack is acceptable. Dried food is fine too. Freshly ground grain is the most

nutritious.

Cook in stainless steel, corning ware or glass, and iron pans. Use no aluminum cookware.

Cook on the stove or oven. It’s best to eat as much raw & fresh food as possible and not even

cook it.

BREAKFAST - This should be the “main meal” of the day. An engine must have fuel to run on

and so must the body. The amount of digestive juices the body creates decreases with age.

(See God’s Plan Basic Menu).

LUNCH - This should be a good meal like breakfast. Vegetables and grains can be eaten at

this meal. A lot of variety can make this a pleasant meal and very easy to prepare.

**Note:** All food should be fresh, unspoiled, “organically grown” as far as possible. The object

is to avoid insecticides and other sprays as well as to get produce with the best balance of trace

minerals from the soil.

All fruit, preferably fresh. Second choice canned in glass with fruit juice or water packed.

All greens, especially cabbage, broccoli, turnip greens, mustard greens, collard, or kale.

***God’s Plan for Your Health and Happiness***, *pg. 6*

Use spinach, chard, or beet greens sparingly because of oxalate content.

All herbs that are mild.

All legumes (beans, peas, lentils, and garbanzos).

All whole grains. You need two kinds daily plus a legume to get optimal balance of amino

acids.

Nuts in moderation. The better ones are the non-tropical nuts such as almonds, filberts,

pecans, and walnuts.

All nutritional needs on a PREVENTIVE type diet can be secured from daily servings of the

foods listed below:

A citrus fruit plus another fruit.

A yellow vegetable such as carrots, etc.

A green vegetable, greens or herbs

A legume

Two types of whole grains

Tubers and nuts may be added as desired by the appetite

Special instructions:

Cook in stainless steel, corning ware, or Pyrex glass

No aluminum cookware

Avoid microwave

No pressure cooking

No “irradiated” produce

**GOD’S PLAN BASIC MENU**

**I. BREAKFAST:**

+ Cooked Grain - such as one of the following:

Millet

Brown Rice

Barley

Rolled Oats

Buckwheat

Spelt

Quinoa

+ Fresh Fruits: - Select 2-3 kinds - especially Apples

+Fruit Sauce or Spread: - Mix 2 fruits in a blender-for sweetener add

raisins or dates - (If diabetic or hypoglycemia, do not eat dried fruits - omit)

***God’s Plan for Your Health and Happiness***, *pg. 7*

+ Almonds: - 8-10

+ Sunflower Seeds: - or pumpkin seeds, or sesame seeds-1

Tablespoon

+ Grain or nut milk - (optional)

How to make grain or nut milk:

Grain milk: millet or brown rice

1 Cup of cooked grains

2-3 Cups of water - (The amount determines the

thickness)

Blend in blender - salt to taste

Nut milk:

1 Cup raw nuts or seeds

2-3 Cups of water - (The amount determines the thick

ness)

Blend until liquid. Salt to taste.

**II. Dinner:**

+ Cooked Grain: One of the following:

Brown Rice, Corn, Millet

or

Potato - Baked or Boiled

Whole Grain Pasta

+ Steamed Green: Vegetables or cooked fresh peas or beans

+ Raw Salad: Leaf lettuce or Romaine - along with carrot sticks,

celery, radish, green peppers, plenty of sprouts

+ Salad dressing: Lemon juice/honey (if not a diabetic or low blood

sugar)

Sunflower Seed Dressing:

Whiz in blender until very creamy:

1 2/3 C water

1 tsp. salt (optional)

1/2 tsp. garlic powder

1 tsp. onion powder

1 C sunflower seeds

1/3 C lemon juice, Fresh is best.

***God’s Plan for Your Health and Happiness***, *pg. 8*

+ Bread - Whole Grain - Optional

**III. Supper:** Very light - Five hours before bedtime

+ Vegetable Soup - Zwieback whole grain bread

or

Fruit Salad and Bread

**APPLYING THE ACID/ALKALINE FOOD THEORY**

Food chemistry is based on this chart philosophy. The dietary ration should be 80 percent

alkaline foods and 20 percent acid-forming foods. The acid-binding (alkaline) elements are calcium,

potassium, sodium, magnesium and iron. Acid-forming elements are phosphorus, chlorine, sulfur,

silicon, iodine (and also bromine).

Biochemistry divides foods, like the biochemical elements, into alkaline-forming (most fruits and

vegetables) and acid-forming (most starches and proteins). We find that alkaline blood and an alkaline

body promotes good health and vigor. The acid state is associated with toxic and enervated body.

Acids are the grim reapers of death. Body organs and glands depend on secretions that are alkaline for

optimal health.

A good regimen to follow is to have two fruits a day, preferably at breakfast, six vegetables (or

more with salads), a good protein and a good starch to maintain the 80/20 ratio. A raw salad with both

the noon and evening meal is suggested. Have the starch at noon and the protein in the evening, or

reverse them if you want.

We build acids mentally during the day when the sun is up, and the night is when the alkalinizing

moon rises and we should rest. Negative thoughts and attitudes such as fear, hate, gossip, unhappiness,

anger, selfishness, jealousy, lack of love build acids as do overwork and late hours and polluted areas.

Rest, sleep, fresh air, sunshine, laughter, good companions, love, happiness, joy, satisfaction and a

positive philosophy encourage alkalinity.

**ALKALINE FRUITS**

Apples and cider

Apricots

Avocados

Bananas (speckled only)

Berries (all)

Breadfruit

Cactus

Cantaloupe

Carob, pod only

Cherimoyas

Cranberries\*\*

Cherries

Citron

Currants

Dates

Figs

Grapes

Grapefruit

Guavas

Kumquats

Lemons, ripe

Limes

Loquats

Mangoes

Melons, all

Nectarines

Olive, sun dried

Oranges

Papayas

Passion Fruit

Peaches

Pears

Persimmons

Pineapple, fresh if ripe

Plums\*\*

Pomegranates

Pomelos

Prunes and juice\*\*

Quince

Raisins

Sapotes

Tamarind

Tangerines

All preserved or jellied, canned, sugared, (dried)

sulphured, glazed fruits; raw with sugar; bananas,

if green tip; cranberries; olives: pickled, green.

(\*\* denotes slightly acid)

**ALKALINE VEGETABLES**

Artichokes

Asparagus, ripe

Bamboo shoots

Beans: green, lima, string, sprouts

Beets and tops

Broccoli

Cabbage, red and white

Carrots

Celery, entire

Cauliflower

Chard

Chayotes

Chicory

Chives

Collards

Cowslip

Cucumber

Dandelion greens

Dill

Dock, green

Dulse (sea lettuce)

Eggplant

Endive

Escarole

Garlic

Horseradish, fresh

Jerusalem artichoke

Kale

Kohlrabi

Leek

Legumes**, *except peanuts and lentils***

Lettuce and romaine

Mushrooms\*\* (most varieties)

Okra

Onions

Oyster plant

**ACID-ALKALINE FOOD CHART**

***God’s Plan for Your Health and Happiness pg. 9***

**ACID-ALKALINE FOOD CHART, pg. 10**

Parsley

Parsnips

Peppers, green or red

Potatoes (all varieties)

Pumpkin

Radish

Rhubarb (oxalic acid)

Rutabaga (swede)

Salsify

Sauerkraut (lemon only)

Sorrel

Soybeans\*\*

Soybean extract

Spinach

Squash

Taro, baked

Turnips and tops

Water chestnut

Watercress

**ACID VEGETABLES**

Artichokes

Asparagus tips, white

Beans, all dried

Brussels sprouts

Garbanzos

Lentils

Rhubarb

**ALKALINE DAIRY PRODUCTS**

Acidophilus culture

Buttermilk

Koumiss

Milk, raw (freshly drawn, human ,goat, cow)

Whey

Yogurt

Clabbered milk

Kefir

**ACID FLESH FOODS**

All meat: red meat, fowl, fish

Beef tea

Shellfish

Gelatin

Gravies

**ALKALINE CEREAL GRAINS**

Corn, green (1st 24 hours)

Millet

**ACID CEREAL GRAINS**

All flour products

Buckwheat

Barley

Breads, all varieties

Cakes

Corn, cornmeal, corn flakes, starch and hominy

Crackers, all

Doughnuts

Dumplings

Grapenuts

Macaroni and spaghetti

Noodles

Oatmeal

Pies and pastries

Rice

**ALKALINE MISCELLANEOUS**

Agar

Alfalfa products

Coffee substitutes

Ginger, dried, unsweetened

Honey

Kelp (edible)

Teas, unsweetened

Yeast cakes

Rest and sleep

Positive thoughts (joy, etc)

**ACID MISCELLANEOUS**

All alcoholic beverages

Candy and confectionery

Cocoa and chocolate

Soda pop

Coffee

Condiments as: curry, pepper, salt, spices, etc.

Dressings and thick sauces

Drugs and aspirin

Eggs, especially whites

Ginger, preserved

Jams and Jellies

**ACID-ALKALINE FOOD CHART, pg.11**

Flavorings

Marmalades

Mayonnaise

Preservatives as: benzoate, sulphur, vinegar, salt (brine),

smoke

Sago (starch)

Sodawater

Tapioca (starch)

Vinegar

Lack of sleep

Overwork

Worry, late hours

Negative thoughts: fear, hate, misery

**ALKALINE NUTS**

Almonds

Chestnuts, roasted

Coconut, fresh

**ACID NUTS**

All nuts, especially roasted

Dried coconut

Peanuts

**NEUTRAL FOODS**

Sugar, refined

Oils: olive, corn, cotton seed, peanut, soy, sesame, etc.

Fats, and other greases

**EASILY DIGESTED FOODS**

**VEGETABLES**

Artichokes

Asparagus

Beans, tender string

Beet greens

Beets, tender

Broccoli

Butter beans, green

Cabbage; chinese, red, savoy

Carrots, tender

Cauliflower, tender

Celery

Chard, swiss

Chayote

Corn on the cob, tender

Dandelion

Dwarf nettles

Leeks leaves

Okra

Onions, green

Peas, tender young

Rhubarb

Romaine

Spinach, tender green

Spinach, New Zealand

Squash

Tomatoes, ripe

**MISCELLANEOUS**

Alfalfa bud salads

Almond oil

Clover blossom

Cod liver oil

Coconut oil

Honey

**MEAT, FISH, CHEESE & EGGS**

Cheese, roquefort

Clam broth

Duck, broiled wild

Eggs, omelet, cooked slightly

Fowl, young wild

Game, young

Gizzard broth

Goose

Lamb

Liver - from young animals

Oyster broth

Quail

Roe

Squab, broiled

Shad

Tuna, broiled

Whiting

**DAIRY PRODUCTS**

Goat butter

Goat buttermilk

Whey

**ACID-ALKALINE FOOD CHART, pg. 12**

**FRUITS AND VEGETABLES**

Apples, custard

Apples, baked

Apples, mellow

Apples, sun dried

Apricots, sweet ripe

Avocado

Blueberries and juice

Brambleberries

Cherries, black, ripe

Cloudberries

GOALS for Week Beginning Sun. \_\_\_\_\_\_\_ 19 \_\_\_

Godly Trust

S M T W TH F S

Open Air \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Daily Exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Sunshine \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Plenty of Rest \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Lots of Water \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Always Temperate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Nutrition \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

GOALS for Week Beginning Sun. \_\_\_\_\_ 20 \_\_\_

Godly Trust \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Open Air \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Daily Exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Sunshine \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Plenty of Rest \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Lots of Water \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Always Temperate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Nutrition \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

GOALS for Week Beginning Sun. \_\_\_\_\_ 20 \_\_\_

Godly Trust \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Open Air \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Daily Exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Sunshine \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Plenty of Rest \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Lots of Water \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Always Temperate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Nutrition \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

4 - 2 02

Walk 5 miles/day

**SAMPLE** GOD'S PLAN RECORD

for (name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Instructions***: The **GOD'S PLAN** record is designed to monitor your progress

in staying on your plan for better living. (1) Set your goals for the WEEK in

advance by writing your goal in each blank; (2) At the end of each DAY, circle

all the day-initials for each goal you met. Cross out each one not reached.

If you are able to attain at least four days out of the week for each

of the 8 goals, you may consider yourself to be growing in **GOD'S PLAN.**

Remember, it's not the occasional good deed or bad deed but the trend

that counts. Make your progress a subject of prayer, and painfully surrender

your will to the Lord so that He can give you the power for **VICTORY.**

Drink 8 glasses/day

I will eat 50% raw foods

Bed at 9:30PM

windows open; 1hr./day outside

1 hr/day prayer & bible study

I will not bring work home with me

Spend 15 minutes a day in sunshine

c:\pm5\GODSPLAN\RECORD.PM5

GOALS for Week Beginning Sun. \_\_\_\_\_ 20 \_\_\_

Godly Trust \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Open Air \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Daily Exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Sunshine \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Plenty of Rest \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Lots of Water \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Always Temperate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Nutrition \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

GOALS for Week Beginning Sun. \_\_\_\_\_ 20\_\_\_

Godly Trust \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Open Air \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Daily Exercise \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Sunshine \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Plenty of Rest \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Lots of Water \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Always Temperate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F S

Nutrition \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

S M T W TH F