Clergy Wholeness Diary

"If people are going to do the hard work of ministry, they have to be healthy."

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Practice Sabbath Time							
2. Follow Medical Recom-mendation							
3. Increase Physical Activity							
4. Improve Nutritional Practices							

Daily Goals	**Yes**	**No**	**Yes**	**No**	**Yes**	**No**	**Yes**	**No**	**Yes**	**No**	**Yes**	**No**	**Yes**	**No**
Prayer														
Sleep														
Walking														
Water														