

Date _____



A. What Will Make Today Great?

B. SHINE

Start My Day with God

Hold My Weight Under _____

I _____

N _____

Exercise and Eat Right

C. STAR

1. _____

2. _____

3. _____

4. _____

5. _____

D. Evaluation

3 Amazing Things About Today:

1. _____

2. _____

3. _____

Today would have been even better if:

