

HEALTHY GURLS LOG		Chapt _____	MARCH	JUNE	AUGUST
NAME			REPORTING	REPORTING	REPORTING
M1	<b>Spiritually</b>	ACTIVITY COMPLETED 1-5 times	6 to 12 times	13 to 20 times	21 to 30 times
	Daily reviving personal relationship with God				
	Attended Sunday Morning Prayer Call				
	Shared testimony to encourage someone				
	Other				
	<b>Mentally</b>				
	Called/visited someone needing assistance				
	Sent a greeting card to encourage someone				
	Engaged in random acts of kindness				
	Attended a United4theCause webinar/video				
	Other				
	<b>Physically</b>				
	Conducted monthly self-breast exams				
	Completed annual mammogram/checkup				
	Participated in 30/60 minutes of movement				
	Other				
M2	<b>Spiritually</b>	ACTIVITY COMPLETED 1-5 times	6 to 12 times	13 to 20 times	21 to 30 times
	Daily reviving personal relationship with God				
	Attended Sunday Morning Prayer Call				
	Shared testimony to encourage someone				
	Other				
	<b>Mentally</b>				
	Called/visited someone needing assistance				
	Sent a greeting card to encourage someone				
	Engaged in random acts of kindness				
	Attended a United4theCause webinar/video				
	Other				
	<b>Physically</b>				
	Conducted monthly self-breast exams				
	Completed annual mammogram/checkup				
	Participated in 30/60 minutes of movement				
	Other				
M3	<b>Spiritually</b>	ACTIVITY COMPLETED 1-5 times	6 to 12 times	13 to 20 times	21 to 30 times
	Daily reviving personal relationship with God				
	Attended Sunday Morning Prayer Call				
	Shared testimony to encourage someone				
	Other				
	<b>Mentally</b>				
	Called/visited someone needing assistance				
	Sent a greeting card to encourage someone				
	Engaged in random acts of kindness				
	Attended a United4theCause webinar/video				
	Other				
	<b>Physically</b>				
	Conducted monthly self-breast exams				
	Completed annual mammogram/checkup				
	Participated in 30/60 minutes of movement				
	Other				