



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**DREAM
LEARN
MOTIVATE**

WEEK OF _____

BLESSINGS

Gratitude List

EXERCISE LOG

IT'S FUN TO BE AT THE YMCA!

THOUGHT OF THE WEEK


FOOD LOG

BEST BREAKFAST

BEST LUNCH

BEST DINNER

SNACKS

SCRIPTURE THAT SPEAKS TO MY 

MY GOALS

BELL FAMILY YMCA
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