



# 90 Days Walking With God

*Becky Brooks*

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**Lose Weight And Keep It Off** There are tons of "Lose Weight Fast and Keep it Off" programs out there. But how many really work? How many have worked for you? The truth is, losing weight takes more than a clever gimmick. Losing weight and keeping it off requires you to reset your mind and make real changes in your life. 90 Days Walk With God isn't just a clever gimmick, it is a journal to help motivate you to not only change your weight but change your heart as well. This 90 day journey will put you on track to losing weight and keeping it off. It will put you on track to developing new "life style" routines. Best yet, during this 90 day journey, you will grow closer to God. **A Journal That Covers All Aspects Of Changing Your Life For God**

1. During the course of this 90 day weight loss, this journal will be where you log your eating and exercise habits each day.
2. You will also find helpful tips and motivational stories to give that push towards lasting change.
3. Each day you will be given a bible verse to reflect and pray on. Journal space is provided for you to record what you hear God speaking into your life. The most important and lasting change that you want to find over the course of this next 90 days is one where you draw closer to God. Meditate and pray on the verses provided as you walk your way to lasting change. Become the person you have always desired to be. Take the "90 Day Walk With God" challenge.

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