

THE **DANIEL PLAN**

Glorifying God in the Way We Eat, Move, and Think!

You Can Do This! Let's Get Ready!

In preparation for our start on **October 8, 9AM**, check out the following resources on ***danielplan.com***.

5 Essentials Survey

danielplan.com/site/provider/siteprovider/danielplan.com/templates/The%20Daniel%20Plan/Essentials_Survey_2013.pdf

The Daniel Plan Plate

danielplan.com/thedanielplanplate

Top 10 Tips to Curb Your Cravings

danielplan.com/blogs/dp/top-10-tips-to-curb-your-cravings

Whole Foods for Whole People

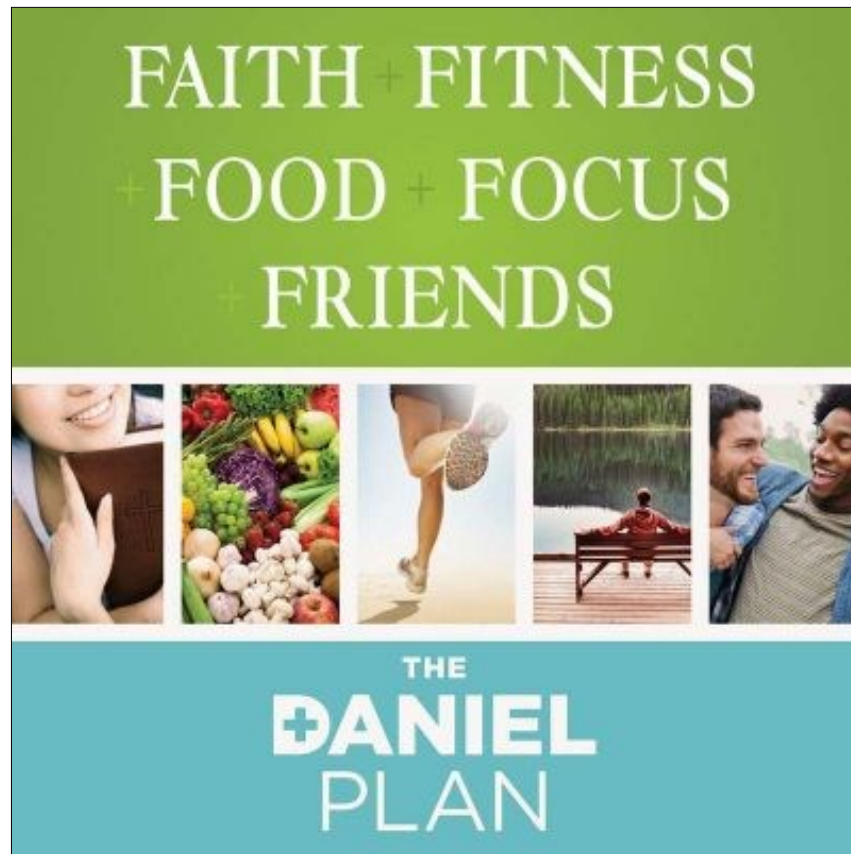
danielplan.com/healthyhabits/wholefoods

10 Steps to Become Daniel Strong

danielplan.com/healthyhabits/10-steps-to-become-daniel-strong

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God, this is your spiritual act of worship... Then you will be able to test and approve what God's will is- his good, pleasing and perfect will."

-Romans 12:1-2



Starting October 8, 9AM

Aldersgate United Methodist Church

1201 Irvine Blvd., Tustin, CA 92780

www.aumctustin.org

714-544-3653

It's not the *only* way to get healthier, but it is *a* way!

Let's journey together for 40 days!

Sunday Messages, 40-Day Food Challenge

40-Day Fitness Challenge, Group Encouragement

Go to www.danielplan.com for helpful resources.