

THE **DANIEL** PLAN

GOD'S PRESCRIPTION FOR YOUR HEALTH



MY NEXT STEPS

**What are the next steps on your Daniel Plan journey?
Look to the list below for guidance:**

1. Fill out the commitment card and drop it in the basket when it comes around.
2. Go to the patio straight after the seminar to get your photo and measurements taken. Record your measurements below:

_____Height _____Waist size

_____Weight _____Blood Pressure

_____Desired Weight ☐ Take Before Photo
3. Participate in the Daniel Plan small group study. If you're a host, pick up your group's curriculum on the patio after the seminar.
4. Not in a small group? Go to the patio to get in one or sign up to host your own.
5. Go online to DanielPlan.com to create your online profile, enter your measurements, and upload a "before" photo when available. You can also join our optional Daniel Plan research study.
6. Make an appointment with your doctor or go to the nearest clinic to get your blood work done.
7. Mark your calendars for January 25 and March 19 as we host a live Daniel Plan Webcast with the doctors.
8. Come back to church this weekend to learn more and bring a friend to do the Daniel Plan with you.