



Body Trust and Strength Journal

FOUR WEEK FILLABLE JOURNAL

I hope my body changes. But I don't want to hate it until it does.

Bekah

Name

Date I began

A FEW GROUND RULES

Before You Begin

This journal is a place to record what is true.

Use the shortest honest answer. Answer only the prompts that help.

Return to the week you are in. Each check-in stands on its own.

Numbers are information. Choose the measurements and photograph references that feel useful.

Difficult feelings are allowed. Honesty can come before a feeling changes.

Make this journal work for you. Choose your prompts, answer in your own way, and pause tracking whenever needed.

How this four-week packet works

Begin with the short Starting Point section. The two optional baseline pages are there only if they are useful. Use one two-page This Week spread each week, add to the Evidence pages whenever something deserves remembering, and complete This Month after week four.

A necessary boundary

Use this private tool for documentation, reflection, organization, experimentation, and body relationship. Medical and mental-health diagnosis, treatment, staging, and prescribing belong with appropriate licensed professionals. Record observations and leave causes open. Bring concerning, changing, or persistent symptoms - and questions about care - to a qualified professional. Pause any kind of tracking that increases rigidity, distress, or preoccupation.

Using the fillable journal

Download the PDF before typing and save it as your own copy. Adobe Acrobat Reader is recommended for the most reliable field behavior. Your entries remain in the file on your device and leave it only when you share it.

FAITH AND FREEDOM

Held Before I Begin

Christ meets me fully in the body and life I have today.

His love is already settled. These pages are a place for truth, desire, grief, gratitude, and care under grace. A completed prompt cannot earn more love, and a blank one cannot diminish it. There is no condemnation for those who are in Christ Jesus. - Romans 8:1

Use this page only if it serves you. Prayer can be honest. Surrender can be small. An 'I don't know' is still honest.

What am I asking God to form in me during these four weeks?

This may include something that has nothing to do with appearance.

What am I holding tightly? What might one small act of trust look like today?

A prayer, Scripture, question, or truth I want to carry...

WHERE I'M STARTING

Why I'm Here

Let the answer sound ordinary and true.

Why am I beginning now?

What do I hope changes physically?

What do I hope changes internally?

If these four weeks were useful, what would that mean to me?

This is a dated definition, open to revision.

MY RELATIONSHIP WITH MY BODY

What I Believe Right Now

Honesty belongs here, including difficult or unfinished feelings.

How would I honestly describe my relationship with my body today?

What do I believe must happen before I am allowed to feel confident, attractive, visible, peaceful, or worthy?

What am I withholding from myself until my body changes?

What would I like to become different in this relationship - even if difficult feelings remain?

MORE THAN ONE KIND OF STRENGTH

What Stronger Means to Me

Physical ambition belongs here as one meaningful part of the year.

Beyond appearance, what would stronger mean to me?

What physical abilities, movements, or capacities matter to me now?

Where else do I hope to become stronger?

Consistency, adaptation, patience, advocacy, returning, receiving help, resting, visibility - or something else.

What might tell me I am becoming stronger before a photograph does?

HOW I TEND TO RESPOND

Care, Control, Punishment & Avoidance

Treat these as overlapping patterns. The same behavior may contain several motives at once.

Care tends to look or feel like...

Control tends to look or feel like...

Punishment tends to look or feel like...

Avoidance tends to look or feel like...

Where do my motives become mixed - or where might the same behavior mean different things on different days?

USEFUL INFORMATION

Where I'm Starting - Optional

Choose the fields that serve you. Leaving a field blank is a complete choice.

Date recorded

Weight, if I choose

Measurements I choose to record

Strength or movement markers I want to remember

Clothing-fit or other non-scale observations

MY CURRENT PHYSICAL EXPERIENCE

Where I'm Starting, Continued - Optional

Describe what you notice and leave causes open.

Movements, activities, or situations that currently feel limited or require modification**Symptoms or body experiences worth noting**

For example: pain, swelling, fatigue, mobility, coordination, or recovery.

Energy and recovery observations**Anything else I want available for later comparison**

Private progress photos - date

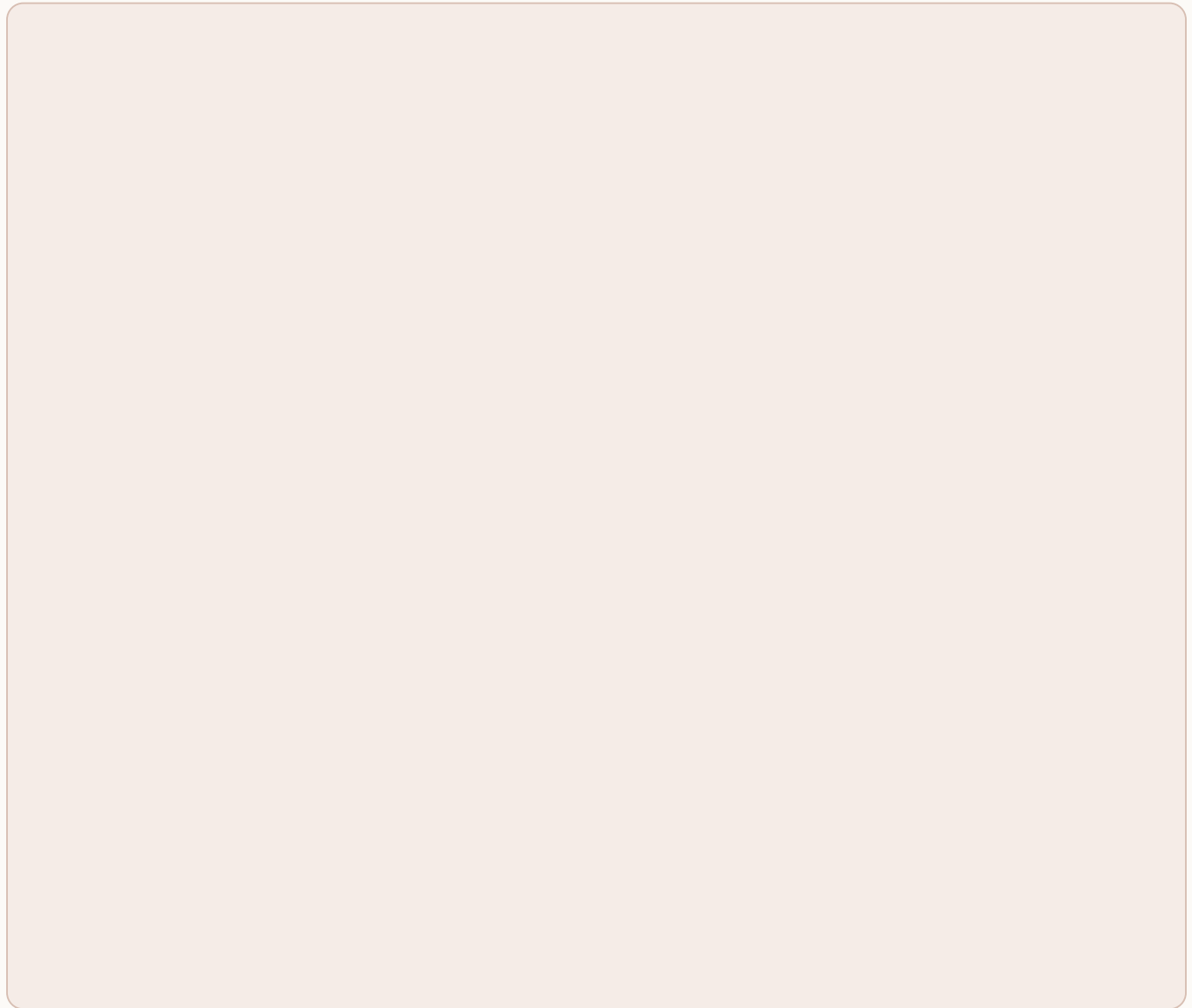
External storage reference

DAY ONE

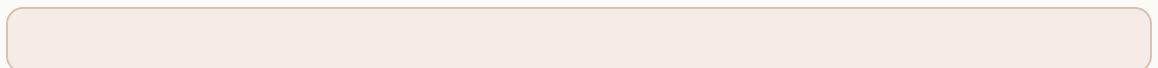
A Letter to My Body - Optional

Say what is true: anger, grief, gratitude, apology, fear, humor, hope, ambivalence - or something else entirely.

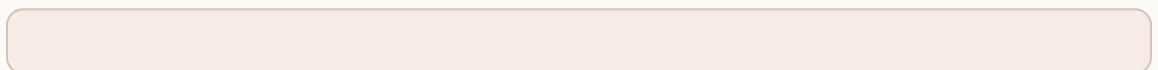
Dear body,



Signed



Date



WEEKLY CHECK-IN

This Week - Week 1

Default path: about 8-12 minutes. A short, honest answer counts.

Week of

What was true about this week that matters?

Context matters: sleep, stress, workload, family, cycle, illness, travel, or anything unusual.

What did my body do, learn, or need?

Movement, strength, nourishment, symptoms, recovery, adaptation, or rest - one meaningful observation is enough.

A Moment I Noticed

What happened? What story did I tell myself? What did I need - or what did I choose to do with the feeling?

WEEKLY CHECK-IN

This Week, Continued

Finish the anchors. Go deeper only if it would be useful.

Life Before the After

Did I participate, enjoy, wear, photograph, share, or postpone something because of how I looked?

☐

This felt like an ordinary week.

Next week, I want to care for myself by...

Choose one modest direction for the week.

Optional depth

What felt stronger, easier, or newly possible?

Anything worth carrying into the Evidence Log, Notes & Questions, or Experiment page?

WEEKLY CHECK-IN

This Week - Week 2

Default path: about 8-12 minutes. A short, honest answer counts.

Week of

What was true about this week that matters?

Context matters: sleep, stress, workload, family, cycle, illness, travel, or anything unusual.

What did my body do, learn, or need?

Movement, strength, nourishment, symptoms, recovery, adaptation, or rest - one meaningful observation is enough.

A Moment I Noticed

What happened? What story did I tell myself? What did I need - or what did I choose to do with the feeling?

WEEKLY CHECK-IN

This Week, Continued

Finish the anchors. Go deeper only if it would be useful.

Life Before the After

Did I participate, enjoy, wear, photograph, share, or postpone something because of how I looked?

☐

This felt like an ordinary week.

Next week, I want to care for myself by...

Choose one modest direction for the week.

Optional depth

What did I notice about hunger, satisfaction, cravings, energy, or eating?

Anything worth carrying into the Evidence Log, Notes & Questions, or Experiment page?

WEEKLY CHECK-IN

This Week - Week 3

Default path: about 8-12 minutes. A short, honest answer counts.

Week of

What was true about this week that matters?

Context matters: sleep, stress, workload, family, cycle, illness, travel, or anything unusual.

What did my body do, learn, or need?

Movement, strength, nourishment, symptoms, recovery, adaptation, or rest - one meaningful observation is enough.

A Moment I Noticed

What happened? What story did I tell myself? What did I need - or what did I choose to do with the feeling?

WEEKLY CHECK-IN

This Week, Continued

Finish the anchors. Go deeper only if it would be useful.

Life Before the After

Did I participate, enjoy, wear, photograph, share, or postpone something because of how I looked?

☐ This felt like an ordinary week.

Next week, I want to care for myself by...

Choose one modest direction for the week.

Optional depth

What harsh body-thought would benefit from curiosity?

Anything worth carrying into the Evidence Log, Notes & Questions, or Experiment page?

WEEKLY CHECK-IN

This Week - Week 4

Default path: about 8-12 minutes. A short, honest answer counts.

Week of

What was true about this week that matters?

Context matters: sleep, stress, workload, family, cycle, illness, travel, or anything unusual.

What did my body do, learn, or need?

Movement, strength, nourishment, symptoms, recovery, adaptation, or rest - one meaningful observation is enough.

A Moment I Noticed

What happened? What story did I tell myself? What did I need - or what did I choose to do with the feeling?

WEEKLY CHECK-IN

This Week, Continued

Finish the anchors. Go deeper only if it would be useful.

Life Before the After

Did I participate, enjoy, wear, photograph, share, or postpone something because of how I looked?

☐ This felt like an ordinary week.

Next week, I want to care for myself by...

Choose one modest direction for the week.

Optional depth

Where did I notice God's presence, provision, or invitation to trust Him this week?

Anything worth carrying into the Evidence Log, Notes & Questions, or Experiment page?

MONTHLY CHECKPOINT

This Month

Look for patterns using whatever you remember.

Month

1. Looking across the month, what changed, strengthened, surprised me, or remained difficult?

2. What patterns appeared across movement, nourishment, recovery, symptoms, and real-life context?

3. What did I learn about my body - and about myself?

MONTHLY CHECKPOINT

This Month, Continued

4. Where did care guide me? Where did control, punishment, or avoidance take over - or mix with care?

5. What progress, presence, or pleasure mattered - including progress beyond photographs?

What felt good to be alive in this body?

6. Where did I notice God's grace? Where am I still trying to earn what Christ has already given or hold what I may need to entrust to Him?

A prayer, Scripture, truth, question, or honest 'I don't know' is welcome.

7. What am I carrying into next month - and what am I leaving here?

Optional data note

Weight / measurements / strength / recovery / symptoms / energy / clothing fit / external photo reference

A LIVING LIST

Evidence That My Body Is More Than What It Looks Like

Capability belongs here. So do rest, pleasure, presence, adaptation, receiving help, advocacy, connection, visibility, and return.

1. Date

What happened - and why do I want to remember it?

2. Date

What happened - and why do I want to remember it?

3. Date

What happened - and why do I want to remember it?

4. Date

What happened - and why do I want to remember it?

CONTINUE THE LIVING LIST

More Evidence

Small things count. Rest, play, pleasure, and presence count.

5. Date

What happened - and why do I want to remember it?

6. Date

What happened - and why do I want to remember it?

7. Date

What happened - and why do I want to remember it?

8. Date

What happened - and why do I want to remember it?

9. Date

What happened - and why do I want to remember it?

AS NEEDED

Notes & Questions Worth Bringing Up

Use this page for observations and questions to bring to an appropriate professional.

1. What I observed

When or under what circumstances

What I want to remember or ask

Who this may be for

2. What I observed

When or under what circumstances

What I want to remember or ask

Who this may be for

BOUNDED PERSONAL OBSERVATION

An Experiment I'm Trying

Keep medication, treatment, injury, and restrictive-diet changes under appropriate professional guidance.

What am I trying?

Why am I trying it?

What am I observing?

How long - or under what circumstances - will I try it?

What would prompt me to reconsider, stop, or seek appropriate guidance?

What happened?

OPEN NOTES

Anything Else

Prayer, Scripture, gratitude, lament, questions, and ordinary notes are all welcome.

Open notes