



Daniel Plan Journal: 40 Days to a Healthier Life (The Daniel Plan)

Rick Warren

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The Perfect Daniel Plan Companion for Better Overall Health

Research shows that tracking your food and exercise greatly contributes to your long-term success. Maximize your momentum by exploring and charting your journey through the five key essentials of The Daniel Plan—faith, food, fitness, focus, and friends.

Taking readers of *The Daniel Plan: 40 Days to a Healthier Life* to the next level, *The Daniel Plan Journal* is the perfect companion, providing encouraging reminders about your health. On the days you need a little boost, *The Daniel Plan Journal* has the daily Scripture, inspiration, and motivation you need to stay on track and keep moving forward.

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