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LORD GOD, You are the creator of all that is. You created me and made me who I am. All that I have is from You, and all the good that is in me is because of You. I give You my life. I give You my goals. I desire growth to become a healthier person in all aspects of my life. Help me choose the right goals for me in this program. Help me create real fitness and healthy eating in my life, to Your glory. In Jesus name, Amen.

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