

## “Standard” Menu

(Weekly consumption)

(Please check all that apply)

### A. Movies:

\_\_\_\_...At least one/week    \_\_\_\_...At least two/week  
\_\_\_\_...At least three or more/week

\* Total time @ 90 min./movie... \_\_\_\_\_

### B. Face time, Face book, etc.

\_\_\_\_...Daily    \_\_\_\_...Every other day  
\_\_\_\_...No more than once/week

\* Total time weekly..... \_\_\_\_\_

### C. Video games (including Free Cell)

\_\_\_\_...Daily    \_\_\_\_...Every other day  
\_\_\_\_...No more than once/week

\* Total time weekly..... \_\_\_\_\_

### D. General T.V. (news, cooking channel, sports, etc.)

\_\_\_\_...Daily    \_\_\_\_...Every other day  
\_\_\_\_...No more than once/week

\* Total time weekly..... \_\_\_\_\_

### E. Radio (talk radio, news, etc.)

\* Total time weekly..... \_\_\_\_\_

\*Please add up all time spent feeding the ‘old man’ weekly: \_\_\_\_\_ .

## “Heart Healthy” Menu

(Weekly consumption)

(Please check all that apply)

### A. Church attendance:

\_\_\_\_...Rarely    \_\_\_\_...Sunday mornings only  
\_\_\_\_...Sunday am/pm only  
\_\_\_\_...Almost all services weekly

\* Total time weekly..... \_\_\_\_\_

### B. Personal Bible reading:

\_\_\_\_...Rarely ever    \_\_\_\_... twice weekly  
\_\_\_\_...daily (15 mins.)    \_\_\_\_...daily (30 mins. +)

\* Total Bible time weekly..... \_\_\_\_\_

### C. Missionary Stories, Podcasts, preaching, etc.

\_\_\_\_...Never    \_\_\_\_...Rarely    \_\_\_\_...Often

\* Total time weekly..... \_\_\_\_\_

### D. Bible Studies, personal studying, teaching, etc.

\_\_\_\_...Never    \_\_\_\_...Rarely    \_\_\_\_...Often

\* Total time invested weekly..... \_\_\_\_\_

### E. Personal Prayer Time:

\_\_\_\_...Rarely    \_\_\_\_...Frequently    \_\_\_\_...Often

\* Total time invested weekly..... \_\_\_\_\_

\*Please add up all time spent feeding the ‘new man’ weekly: \_\_\_\_\_ .