Healthy Hibben Challenge - Week 1

Daily Prayer - God, help me to love you with all of my heart, soul and mind and to reach out in love and concern to my family, friends and neighbors. Amen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daily Scripture **1Corinthians 6:19-20**	**Daily Scripture** **John 6:35**	**Daily Scripture** **Galatians 5:22-23**	**Daily Scripture** **Galatians 5:24-25**	**Daily Scripture** **2 Corinthians 4:10-11**	**Daily Scripture** **2Corinthians 4:7-9**	**Daily Scripture** **John 15:5-8**
Reflection	**Reflection**	**Reflection**	**Reflection**	**Reflection**	**Reflection**	**Reflection**
Physical Activity **_____** **Time_____**	**Physical Activity** **_____** **Time_____**	**Physical Activity** **_____** **Time_____**	**Physical Activity** **_____** **Time_____**	**Physical Activity** **_____** **Time_____**	**Physical Activity** **_____** **Time_____**	**Physical Activity** **_____** **Time_____**
Healthy Habits This week your challenge is to begine moving! Walk 10,000 steps per day will get you on your way!	**Healthy Habits** Walk 10,000 steps per day will get you on your way!	**Healthy Habits** Walk 10,000 steps per day will get you on your way!	**Healthy Habits** Walk 10,000 steps per day will get you on your way!	**Healthy Habits** Walk 10,000 steps per day will get you on your way!	**Healthy Habits** Walk 10,000 steps per day will get you on your way!	**Healthy Habits** Walk 10,000 steps per day will get you on your way!