Healthy Hibben Challenge - Week 10

Daily Prayer -God help me to live a healthy lifestyle that gives witness to your grace and love.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Daily Scripture **John 1:2**	**Daily Scripture** **Matthew 11:28-30**	**Daily Scripture** **John 15:5**	**Daily Scripture** **Galatians5:22-23**	**Daily Scripture** **Proverbs 18:14**	**Daily Scripture** **Romans 14:17**	**Daily Scripture** **Isaiah 40:31**
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 Fluid Intake: □ □ □ □ □ □ □ □ Proteins (2-3 oz.) □ □ □ Sunscreen Daily? Yes □ No □ Healthy Oils □ □ □ Brush □□ Floss □ Breakfast? Yes □ No □ Sleep □ □ □ □ □ □ □ □ □ Healthy Diary □ □ □ Fruits/Veggies □ □ □ □ □ 10,000 Steps □	**Healthy Habits** **Fluid Intake:** □ □ □ □ □ □ □ □ Proteins (2-3 oz.) □ □ □ Sunscreen Daily? Yes □ No □ Healthy Oils □ □ □2 Brush □□ Floss □ Breakfast? Yes □ No □ Sleep □ □ □ □ □ □ □ □ □ Healthy Diary □ □ □ Fruits/Veggies □ □ □ □ □ 10,000 Steps □	**Healthy Habits** Fluid Intake: □ □ □ □ □ □ □ □ Proteins (2-3 oz.) □ □ □ Sunscreen Daily? Yes □ No □ Healthy Oils □ □ □ Brush □□ Floss □ Breakfast? Yes □ No □ Sleep □ □ □ □ □ □ □ □ □ Healthy Diary □ □ □ Fruits/Veggies □ □ □ □ □ 10,000 Steps □	**Healthy Habits** Fluid Intake: □ □ □ □ □ □ □ □ Proteins (2-3 oz.) □ □ □ Sunscreen Daily? Yes □ No □ Healthy Oils □ □ □ Brush □□ Floss □ Breakfast? Yes □ No □ Sleep □ □ □ □ □ □ □ □ □ Healthy Diary □ □ □ Fruits/Veggies □ □ □ □ □ 10,000 Steps □	**Healthy Habits** Fluid Intake: □ □ □ □ □ □ □ □ Proteins (2-3 oz.) □ □ □ Sunscreen Daily? Yes □ No □ Healthy Oils □ □ □ Brush □□ Floss □ Breakfast? Yes □ No □ Sleep □ □ □ □ □ □ □ □ □ Healthy Diary □ □ □ Fruits/Veggies □ □ □ □ □ 10,000 Steps □	**Healthy Habits** Fluid Intake: □ □ □ □ □ □ □ □ Proteins (2-3 oz.) □ □ □ Sunscreen Daily? Yes □ No □ Healthy Oils □ □ □ Brush □□ Floss □ Breakfast? Yes □ No □ Sleep □ □ □ □ □ □ □ □ □ Healthy Diary □ □ □ Fruits/Veggies □ □ □ □ □ 10,000 Steps □	**Healthy Habits** Fluid Intake: □ □ □ □ □ □ □ □ Proteins (2-3 oz.) □ □ □ Sunscreen Daily? Yes □ No □ Healthy Oils □ □ □ Brush □□ Floss □ Breakfast? Yes □ No □ Sleep □ □ □ □ □ □ □ □ □ Healthy Diary □ □ □ Fruits/Veggies □ □ □ □ □ 10,000 Steps □