

## Healthy Hibben Challenge - Week 11

Daily Prayer -Thank you, Lord, for the body and mind you have given to me. May I use them to your honor and glory.

Amen						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Daily Scripture</u> John 1:2	<u>Daily Scripture</u> Mathew 11:28-30	<u>Daily Scripture</u> John 15:5	<u>Daily Scripture</u> Galatians 5:22-23	<u>Daily Scripture</u> Proverbs 18:14	<u>Daily Scripture</u> Romans 14:17	<u>Daily Scripture</u> Isaiah 40:31
Reflection	Reflection	Reflection	Reflection	Reflection	Reflection	Reflection
Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity	Physical Activity
Time_____	Time_____	Time_____	Time_____	Time_____	Time_____	Time_____
<b>Healthy Habits</b> Lunch: <input type="checkbox"/> Bagged <input type="checkbox"/> Purchased Protein 2-3oz:□□□ Sunscreen Daily? <input type="checkbox"/> Healthy Oils □□□ Brush <input type="checkbox"/> Floss <input type="checkbox"/> Breakfast? <input type="checkbox"/> Sleep □□□□□□□□ Healthy Diary □□□ Fruits/Veggies □□□□□ 10,000 Steps <input type="checkbox"/>	<b>Healthy Habits</b> Lunch: <input type="checkbox"/> Bagged <input type="checkbox"/> Purchased Fluid Itake:□□□□□□□□ Protein 2-3oz:□□□ Sunscreen Daily? <input type="checkbox"/> Healthy Oils □□□ Brush <input type="checkbox"/> Floss <input type="checkbox"/> Breakfast? <input type="checkbox"/> Sleep □□□□□□□□ Healthy Diary □□□ Fruits/Veggies □□□□□ 10,000 Steps <input type="checkbox"/>	<b>Healthy Habits</b> Lunch: <input type="checkbox"/> Bagged <input type="checkbox"/> Purchased Fluid Intake:□□□□□□□□ Protein 2-3oz:□□□ Sunscreen Daily? <input type="checkbox"/> Healthy Oils □□□ Brush <input type="checkbox"/> Floss <input type="checkbox"/> Breakfast? <input type="checkbox"/> Sleep □□□□□□□□ Healthy Dairy □□□ Fruits /Veggies □□□□□ 10,000 Steps <input type="checkbox"/>	<b>Healthy Habits</b> Lunch: <input type="checkbox"/> Bagged <input type="checkbox"/> Purchased Fluid Intake:□□□□□□□□ Protein 2-3oz:□□□ Sunscreen Daily? <input type="checkbox"/> Healthy Oils □□□ Brush <input type="checkbox"/> Floss <input type="checkbox"/> Breakfast? <input type="checkbox"/> Sleep □□□□□□□□ Healthy Diary □□□ Fruits/Veggies □□□□□ 10,000 Steps <input type="checkbox"/>	<b>Healthy Habits</b> Lunch: <input type="checkbox"/> Bagged <input type="checkbox"/> Purchase Fluid Intake:□□□□□□□□ Protein 2-3oz:□□□ Sunscreen Daily? <input type="checkbox"/> Healthy Oils □□□ Brush <input type="checkbox"/> Floss <input type="checkbox"/> Breakfast? <input type="checkbox"/> Sleep □□□□□□□□ Healthy Diary □□□ Fruits/Veggies □□□□□ 10,000 Steps <input type="checkbox"/>	<b>Healthy Habits</b> Lunch: <input type="checkbox"/> Bagged <input type="checkbox"/> Purchase Fluid Intake:□□□□□□□□ Protein 2-3oz: □□□ Sunscreen? <input type="checkbox"/> Healthy Oils □□□ Brush <input type="checkbox"/> Floss <input type="checkbox"/> Breakfast? <input type="checkbox"/> Sleep □□□□□□□□ Healthy Diary □□□ Fruits/Veggies □□□□□ 10,000 Steps <input type="checkbox"/>	<b>Healthy Habits</b> Lunch: <input type="checkbox"/> Bagged <input type="checkbox"/> Purchase Fluid Intake:□□□□□□□□ Protein 2-3oz: □□□ Sunscreen Daily? <input type="checkbox"/> Healthy Oils □□□ Brush □□ Floss <input type="checkbox"/> Breakfast? □ Sleep □□□ □□□□□ Healthy Diary □□□ Fruits/Veggies □□□□□ 10,000 Steps <input type="checkbox"/>