

Healthy Hibben Challenge - Week 12

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> Jeremiah 33:6	<u>Daily Scripture</u> 1 Timothy 4:7-9	<u>Daily Scripture</u> Psalm 63:5	<u>Daily Scripture</u> Romans 12:1	<u>Daily Scripture</u> Isaiah 55:1-2	<u>Daily Scripture</u> Psalms 38: 3-8	<u>Daily Scripture</u> Exodus 15:26
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 _____
Healthy Habits Substitute one Refined Food for A Whole Grain Food <input type="checkbox"/> Lunch: <input type="checkbox"/> Bagged <input type="checkbox"/> Purchased Fluid Intake: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein 2-3oz: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sunscreen Daily? <input type="checkbox"/> Healthy Oils <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Brush <input type="checkbox"/> Floss <input type="checkbox"/> Breakfast? <input type="checkbox"/> Sleep <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Healthy Diary <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruits/Veggies <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 10,000 Steps <input type="checkbox"/>	Healthy Habits Substitute One Refined Food for a Whole Grain Food <input type="checkbox"/> Lunch: <input type="checkbox"/> Bagged <input type="checkbox"/> Purchased Fluid Itake: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Protein 2-3oz: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sunscreen Daily? 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