

Healthy Hibben Challenge - Week 13

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Daily Scripture</u> Psalm 73:26	<u>Daily Scripture</u> Psalm 46:1	<u>Daily Scripture</u> 1 corinthians 10: 31	<u>Daily Scripture</u> Exodus 23:25-26	<u>Daily Scripture</u> Romans 8:18	<u>Daily Scripture</u> Matthew 17:20	<u>Daily Scripture</u> Mathew 19:26
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 No candy, pies pastries- cut out sugars <input type="checkbox"/> 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"/> <input type="checkbox"/> Healthy Dairy <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 No candy, pies, pastries cut out sugar <input type="checkbox"/> 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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