Healthy Hibben Challenge - Week 2

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 Revelation 3:20	Daily Scripture Matthew 6:25-27	Daily Scripture Colossians 3:16-17	Daily Scripture 2Thessalonians2:16-17	Daily Scripture Jeremiah 29:11-13	Daily Scripture Matthew 6:33-34	Daily Scripture Psalm 46:1-3:10
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 10,000 steps □ Fruits/Veggies□ □ □ □ □	Healthy Habits 10,000 steps □ Fruits/Veggies□ □ □ □ □	Healthy Habits 10,000 steps □ Fruits/Veggies□ □ □ □ □	Healthy Habits 10,000 steps □ Fruits/Veggies□ □ □ □ □	Healthy Habits 10,000 steps □ Fruits/Veggies□ □ □ □ □	Healthy Habits 10,000 steps □ Fruits/Veggies□ □ □ □ □	Healthy Habits 10,000 steps □ Fruits/Veggies□ □ □ □ □