

Healthy Hibben Challenge - Week 3

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
<u>Daily Scripture</u> Psalm 27:1	<u>Daily Scripture</u> Psalm 27:14	<u>Daily Scripture</u> Proverbs 3:5-6	<u>Daily Scripture</u> Psalms 103:3-5	<u>Daily Scripture</u> Isaiah 40:31	<u>Daily Scripture</u> Isaiah 40:28-29	<u>Daily Scripture</u> Isaiah 40:8
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 10,000 steps <input type="checkbox"/> Fruits/Veggies <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"/>	Healthy Habits 10,000 steps <input type="checkbox"/> Fruits/Veggies <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"/>	Healthy Habits 10,000 steps <input type="checkbox"/> Fruits/Veggies <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"/>	Healthy Habits 10,000 steps <input type="checkbox"/> Fruits/Veggies <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"/>	Healthy Habits 10,000 steps <input type="checkbox"/> Fruits/Veggies <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"/>	Healthy Habits 10,000 steps <input type="checkbox"/> Fruits/Veggies <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"/>	Healthy Habits 10,000 steps <input type="checkbox"/> Fruits/Veggies <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"/>