

## Healthy Hibben Challenge - Week 5

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> 1Peter 1:13-15	<u>Daily Scripture</u> 1Timothy 6:6-8	<u>Daily Scripture</u> Psalms 23	<u>Daily Scripture</u> Psalms 40:1-3	<u>Daily Scripture</u> Psalms 42:1-2	<u>Daily Scripture</u> Psalms 51:1-2	<u>Daily Scripture</u> Psalms 51:10-12
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> Breakfast Yes <input type="checkbox"/> No <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"/> 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"/> 10,000 steps <input type="checkbox"/>	<b>Healthy Habits</b> Breakfast Yes <input type="checkbox"/> No <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"/> Healthy Diary <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruits/Veggies <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 10,000 steps <input type="checkbox"/>	<b>Healthy Habits</b> Breakfast Yes <input type="checkbox"/> No <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"/> Healthy Diary <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Fruits/Veggies <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 10,000 steps <input type="checkbox"/>	<b>Healthy Habits</b> Breakfast Yes <input type="checkbox"/> No <input type="checkbox"/> Sleep <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"/> 10,000 steps <input type="checkbox"/>	<b>Healthy Habits</b> Breakfast Yes <input type="checkbox"/> No <input type="checkbox"/> Sleep <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"/> 10,000 steps <input type="checkbox"/>	<b>Healthy Habits</b> Breakfast Yes <input type="checkbox"/> No <input type="checkbox"/> Sleep <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"/> 10,000 steps <input type="checkbox"/>	<b>Healthy Habits</b> Breakfast Yes <input type="checkbox"/> No <input type="checkbox"/> Sleep <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"/> 10,000 steps <input type="checkbox"/>