

## Healthy Hibben Challenge - Week 8

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> 1 Chronicles 29:11-13	<u>Daily Scripture</u> 1 Corinthians 4:1-2	<u>Daily Scripture</u> 1 Corinthians 1:8-9	<u>Daily Scripture</u> 2 Corinthians 5:1	<u>Daily Scripture</u> Psalm 37:5	<u>Daily Scripture</u> Psalm 100	<u>Daily Scripture</u> Psalm 121
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> Sunscreen Daily? Yes <input type="checkbox"/> No <input type="checkbox"/> Healthy Oils <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Brush <input type="checkbox"/> Floss <input type="checkbox"/> 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> Sunscreen Daily? Yes <input type="checkbox"/> No <input type="checkbox"/> Healthy Oils <input type="checkbox"/> <input type="checkbox"/> Brush <input type="checkbox"/> Floss <input type="checkbox"/> Breakfast? 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