

Healthy Hibben Challenge - Week 9

Daily Prayer -God help me to live a healthy lifestyle that gives witness to your grace and love.						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Daily Scripture</u> 1 Corinthians 6:19-20	<u>Daily Scripture</u> Matthew 6:25-27	<u>Daily Scripture</u> John 14:27	<u>Daily Scripture</u> 2 Corinthians 4:7-9	<u>Daily Scripture</u> Proverbs 3:5-6	<u>Daily Scripture</u> Galatians 5:22-23	<u>Daily Scripture</u> John 6:35
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 Proteins (2-3 oz.) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 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"/> <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"/> <input type="checkbox"/> 10,000 Steps <input type="checkbox"/>	Healthy Habits Proteins (2-3 oz.) <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Sunscreen Daily? 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