challenge

4F RECOVERY FITNESS FOOD FAITH FAMILY

30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	15 min recovery	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	30 Min Exercise	5 servings veg 2 servings fruit <1500 mg salt 95 oz water	15 min recovery	5 servings veg 2 servings fruit No alcohol 95 oz water
Prayer journal Bible reading	Family conversation starter	Prayer journal Bible reading	Do a chore together	FAITH Prayer journal Bible reading	Husband-wife devotional	Prayer journal Bible reading	family devotional	Prayer journal Bible reading	husband-wife date	Prayer journal Bible reading	Family conversation starter	Prayer journal Worship service	Recreational activity
30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	15 min recovery	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	30 Min Exercise	5 servings veg 2 servings fruit <1500 mg salt 95 oz water	IS min recovery	5 servings veg 2 servings fruit No alcohol 95 oz water
Prayer journal Bible reading	Family Family conversation starter	Prayer journal Bible reading	Do a chore together	Prayer journal Bible reading	Husband-wife devotional	Prayer journal Bible reading	family devotional	Prayer journal Bible reading	husband-wife date	Prayer journal Bible reading	Family conversation starter	Prayer journal Worship service	Recreational activity
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Prayer journal Bible reading	Family conversation starter	Prayer journal Bible reading	Do a chore together	Prayer journal Bible reading	Husband-wife devotional	Prayer journal Bible reading	family devotional	Prayer journal Bible reading	husband-wife date	Prayer journal Bible reading	Family conversation starter	Prayer journal Worship service	Recreational activity
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Prayer journal Bible reading	Family conversation starter	Prayer journal Bible reading	Do a chore together	Prayer journal Bible reading	Husband-wife devotional	Prayer journal Bible reading	family devotional	Prayer journal Bible reading	husband-wife date	Prayer journal Bible reading	Family conversation starter	Prayer journal Worship service	Recreational activity
30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	FITNESS 30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	FINESS 15 min recovery	FOOD 5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	30 Min Exercise	5 servings veg 2 servings fruit <1500 mg salt 95 oz water	15 min recovery	5 servings veg 2 servings fruit No alcohol 95 oz water
Prayer journal Bible reading	Family conversation starter	Prayer journal Bible reading	Do a chore together	Prayer journal Bible reading	Husband-wife devotional	Prayer journal Bible reading	family family devotional	Prayer journal Bible reading	husband-wife date	Prayer journal Bible reading	Family conversation starter	Prayer journal Worship service	Recreational activity
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Prayer journal Bible reading	Family conversation starter	Prayer journal Bible reading	Do a chore together	Prayer journal Bible reading	Husband-wife devotional	Prayer journal Bible reading	family family devotional	Prayer journal Bible reading	husband-wife date	Prayer journal Bible reading	Family conversation starter	Prayer journal Worship service	Recreational activity
FINESS 30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	I5 min recovery	5 servings veg 2 servings fruit No alcohol < 1500 mg salt 95 oz water	FITHESS 30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	30 Min Exercise	5 servings veg 2 servings fruit <1500 mg salt 95 oz water	FINIESS 15 min recovery	5 servings veg 2 servings fruit No alcohol 95 oz water
FATTH Prayer journal Bible reading	Family conversation starter	Prayer journal Bible reading	Do a chore together	Prayer journal Bible reading	Husband-wife devotional	Prayer journal Bible reading	family devotional	Prayer journal Bible reading	husband-wife date	Prayer journal Bible reading	Family conversation starter		Recreational activity





5 servings veg 2 servings fruit No alcohol 1500 mg salt 95 oz water

Do a chore together 5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water

Husband-wife devotional 15 min recov

30 Min Exercise

5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water

Family conversation starter 30 Min Exercis

30 Min Exercise

4F RECOVERY

FITNESS FOOD FAITH FAMILY

30 Min Exercise FAITH Prayer journal Bible reading	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water Family conversation starter	30 Min Exercise FATTI Prayer journal Bible reading	5 servings veg 2 servings fruit No alcohol (1500 mg salt 95 oz water FAMILY Do a chore together	30 Min Exercise FATTIL Prayer journal Bible reading	5 servings veg 2 servings fruit No alcohol (1500 mg salt 95 oz water Husband-wife devotional	FATTILE Prayer journal Bible reading	5 servings veg 2 servings fruit No alcohol (1500 mg salt 95 oz water family devotional	30 Min Exercise FATTI Prayer journal Bible reading	5 servings veg 2 servings fruit No alcohol (1500 mg salt 95 oz water FAMELY husband-wife date	30 Min Exercise Fattil Prayer journal Bible reading	5 servings veg 2 servings fruit <1500 mg salt 95 oz water Family conversation starter	15 min recovery FATTIN Prayer journal Worship service	5 servings veg 2 servings fruit No alcohol 95 oz water FAMILY Recreational activity
FATTH Prayer journal Bible reading	5 servings veg 2 servings fruit No alcohol (1500 mg salt 95 oz water Family conversation starter	30 Min Exercise Table Prayer journal Bible reading	5 servings veg 2 servings fruit No alcohol (1500 mg salt 95 oz water Tammy Do a chore together	30 Min Exercise Farmi Prayer journal Bible reading	5 servings veg 2 servings fruit No alcohol (1500 mg salt 95 oz water Husband-wife devotional	15 min recovery Figure 1 Prayer journal Bible reading	5 servings veg 2 servings fruit No alcohol (1500 mg salt 95 oz water FARMAY family devotional	30 Min Exercise Famil Prayer journal Bible reading	5 servings veg 2 servings fruit No alcohol (1600 mg salt 95 oz water FAMELY husband-wife date	30 Min Exercise Farm Prayer journal Bible reading	5 servings veg 2 servings fruit <1500 mg salt 95 oz water Family conversation starter	IS min recovery Farmi Prayer journal Worship service	2 servings fruit No alcohol 95 oz water FAMILY Recreational
30 Min Exercise FATTM Prayer journal Bible reading	5 servings veg 2 servings fruit No alcohol (1500 mg salt 95 oz water Family conversation starter		5 servings veg 5 servings fruit No alcohol (1500 mg salt 95 oz water AMMAY Do a chore together	FAITH Prayer journal	5 servings veg 2 servings fruit No alcohol (1500 mg salt 95 oz water Husband-wife devotional		5 servings veg 2 servings fruit No alcohol (1500 mg salt 95 oz water family devotional	30 Min Exercise ATTA Prayer journal Bible reading	5 servings veg 2 servings fruit No alcohol (1500 mg salt 95 oz water ************************************		5 servings veg 2 servings fruit <1500 mg salt 95 oz water Family conversation starter		5 servings veg 2 servings fruit No alcohol 95 oz water Recreational activity

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husband-wife

30 Min Exercise



