

4F RECOVERY

FITNESS FOOD FAITH FAMILY

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

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