

4F RECOVERY

FITNESS FOOD FAITH FAMILY

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