challenge

4F RECOVERY

FITNESS FOOD FAITH FAMILY

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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	IS 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	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	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 Na alcohol <1500 mg salt 95 oz water	30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	FILLES 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	FILLES 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
30 Min Exercise	5 servings veg 2 servings fruit No alcohol (1500 mg salt 95 oz water	ATMESS 30 Min Exercise	FOOD 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	FITHESS 15 min recovery	FOOD 5 servings veg 2 servings fruit No alcohol 1 500 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	FITHESS 15 min recovery	5 servings veg 2 servings fruit No alcohol 95 oz water
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FITHESS 30 Min Exercise	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 41500 mg salt 95 oz water	FITTIESS 30 Min Exercise	5 servings veg 2 servings fruit No alcohol 41500 mg salt 95 oz water	FITHESS 15 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	FITTIESS 30 Min Exercise	5 servings veg 2 servings fruit <1500 mg salt 95 oz water	FITHESS 15 min recovery	5 servings veg 2 servings fruit No alcohol 95 oz water
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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	STINESS 30 Min Exercise	5 servings veg 2 servings fruit No alcohol (1500 mg salt 95 oz water	HINESS 15 min recovery	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	SO 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	HIMESS 15 min recovery	5 servings veg 2 servings fruit No alcohol 95 oz water
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FITHESS 30 Min Exercise	5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	HTWESS 30 Min Exercise	FOOD 5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	FITNESS 30 Min Exercise	F000 5 servings veg 2 servings fruit No alcohol <1500 mg salt 95 oz water	FITHESS 15 min recovery	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	30 Min Exercise	FOOD 5 servings veg 2 servings fruit <1500 mg salt 95 az water	FITNESS 15 min recovery	5 servings veg 2 servings fruit No alcohol 95 oz water
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Prayer journal Bible reading	Family conversation starter	Prayer journal Bible reading	FAMILY	Prayer journa Bible reading	FAMILY	Prayer journa Bible reading	FAMILY I family	Prayer journa Bible reading	FAMILY husband-wife	7 K E	OD	HAB	IIS

