

May Exercise is Medicine Total Transformation Challenge 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 _____	2 _____	3 _____	4 _____	5 _____	6 _____
7 _____	8 _____	9 _____	10 _____	11 _____	12 _____	13 _____
14 _____	15 _____	16 _____	17 _____	18 _____	19 _____	20 _____
21 _____	22 _____	23 _____	24 _____	25 _____	26 _____	27 _____
28 _____	29 _____	30 _____	31 _____	<p style="text-align: center;">Total up your points each day and write on the line! You can earn up to 5 points daily! You can win prizes for the most points!</p> <ul style="list-style-type: none"> • 1 point for 80 ounces of water • 1 point for 3 servings of veggies • 1 point for 2 servings of fruit • 1 point for 30 minutes of exercise • 1 point for reflection time 		

“But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.” Isaiah 40:31