

30 Day

Mind, Body, Home & Soul Challenge



Mind: Spend 30 minutes reading a book.



Home: Clean or organize something & spend time connecting with your family in some way.



Body: Spend 20 minutes exercising & eat at least 3 servings of vegetables.



Soul: Read the Bible and pray.

Day 1

Day 2

Day 3

Day 4

Day 5



Day 6

Day 7

Day 8

Day 9

Day 10



Day 11

Day 12

Day 13

Day 14

Day 15



Day 16

Day 17

Day 18

Day 19

Day 20



Day 21

Day 22

Day 23

Day 24

Day 25



Day 26

Day 27

Day 28

Day 29

Day 30

