

Mind, Body, Home & Soul Challenge



Mind: Spend 20 minutes/day reading a book.



Body: Spend 20 minutes/day exercising & eat at least 3 servings of vegetables & drink plenty of water



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



Soul: Read the Bible and pray.

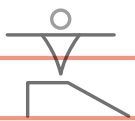
Day 1



Day 4



Day 2



Day 6



Day 3



Day 7



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Day 8



Day 11



Day 9



Day 13



Day 10



Day 14

