		Health Challenge 2025							
Nutrition & Eating	Goal	Units	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Vegan meals - no animal products		meals							
Oil-free meals		meals							
Ate 50% fresh/raw fruit or veggies (# meals)		meals							
No processed foods (# meals)		meals							
Gluten Free (# meals)		meals							
Ate green salad or cooked greens (# meals)		meals							
Ate slowly, thoroughly chewing (# meals)		meals							
Only ate to be ~80% full (number of meals)		meals							
No sugar or artificial sweeteners (simple carbohydrates)		daily							
Ate large breakfast with whole grains & plant-based protein		daily							
No eating after 6pm or 3 hrs before bedtime		daily							
Ate lite or no supper	l in	daily		ī	i ii	ī			
Meals 4-5 hours apart - no snacking	l iii	daily	$\overline{}$	i ii	l iii	i ii	i ii	i ii	
Ate 3000mg of Omega-3, daily	l iii	daily	$\overline{\Box}$	i ii	l iii	i ii	i ii	i ii	- i
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Exercise	Goal	Units	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lighter exercise (minutes)		minutes							
Walking (minutes)		minutes							
Stairs - (number of stairs up or down)		count							
Interval Training (minutes)		minutes							
Heavier aerobic exercise (minutes)		minutes							
Rep exercises (number of reps)		count							
Hard rep exercises (number of reps)		count							
Active 10+ min every 2 hrs (# of 2 hr periods)		count							
Light walk/exercise after meals (# meals)		meals							
Water	Goal	Units	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Drank at least ounces of water (no juice/pop)		daily							
Drank 1/4+ of daily water right after waking up		daily							
Ended shower with 30+ sec full cold		daily							
Took contrast shower		daily							
Brush & floss teeth (at least before bed)		daily							
Did not drink near meal times (# of meals)		meals							
Sunshine / Air	Goal	Units	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Time outside: (15 minute intervals)		x15 min							
Deep breathing - 4s-7s-8s x 4 (number of sets)		count							
Slept with window cracked open for fresh air		daily							
Took Vitamin D supplement	H	daily	<u> </u>	$\overline{}$	H	i ii	i i	i ii	- i
Light therapy; good light exposure upon waking		daily							
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Temperance	Goal	Units	Sun	Mon	Tue	Wed	Thu	Fri	Sat
3-hour period not checking phone (# of periods)		count							
No caffeine		daily							
No screen games		daily							
No movies		daily							
Set & kept my screen limits		daily							
Recreational screentime less than 15 min		daily							
Did 1-3 things just for fun today		daily							

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Volunteered your help or random act of kindness		daily							
Said NO! to (bad habit you're stopping) (write it in on the Setup tab)		daily							
Yes, did (good habit you're growing) (write it in on the Setup tab)		daily							
Read (off screen) for fun (# of 15 min intervals)		x15 min							
Talked or visited with someone (15 min intervals)		x15 min							
Love to learn - something new, a hobby/skill, etc		x15 min							
Pursued purpose (15 min intervals)		x15 min							
Listened to classical music or Abiding Radio		x15 min							
Rest	Goal	Units	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Adequate sleep (7-9 hrs)		daily							
Went to bed by 10pm (or by time) (write it in on Setup tab)		daily							
Got up by 5-7am (or by time) (write it in on Setup tab)		daily							
No work after supper		daily							
Relaxing (NO screen time) 1 hr before bed		daily							
Spiritual thought & prayer before bed		daily							
Kept phone outside of room or in sleep mode when sleeping		daily							
Trust in God	Goal	Units	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Morning prayer & Bible reading (15+ min)		daily							
Spent time with God before phone or computers		daily							
Gratitude list - wrote or spoke 7+ things I'm thankful for		daily							
No critical or negative speech		daily							
Chose forgiveness		daily							
Memorizing a Bible verse (5+ min)		daily							
Used Replacement Principle when tempted		daily							
Told yourself the truth		daily							