

## Exercise is Medicine

### May Total Transformation Challenge 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Total up your points each day and write on the line!</b> <b>You can earn up to 5 points daily!</b> <ul style="list-style-type: none"> <li>1 point for 80 ounces of water</li> <li>1 point for 3 servings of veggies</li> <li>1 point for 2 servings of fruit</li> <li>1 point for 30 minutes of exercise</li> <li>1 point for reflection time</li> </ul>			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	

“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.” Isaiah 40:31