

## December 2022: Balance

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MIND:</b> SMART GOALS,& Habit Tracking.- Mindset for 2023, <b>BODY/NUTRITION:</b> Balance Challenge / Macro balance- Veggie Challenge <b>SPIRIT:</b> Spirit, Soul & Body Bible Studies			<b>Join our <a href="#">Bible study 1</a></b>	<b>1</b> Workout: <a href="#">Giving Our Hearts to Jesus (32min)</a>  <a href="#">7:15PM-7:45PM - Meditation &amp; Prayer</a>  <a href="#">Thursday Balance (8min)</a>	<b>2</b> Flexibility Friday: <a href="#">He is Faithful Stretch 14min / Friday Balance (11:52 min)</a>	<b>3</b> <a href="#">7:15:AM Worship</a> <a href="#">7:30 AM Meditation</a> <a href="#">7:45 AM Habits &amp; Celebrations</a>
<b>4</b> Eat 2 servings of veggies each day this week	<b>5</b> <a href="#">Monday Balance</a>	<b>6</b> <a href="#">6:15 AM Workout</a>  <b>Bible study 2</b>  <a href="#">Tuesday Balance</a>	<b>7</b> <a href="#">Wednesday Balance</a>	<b>8</b> Workout: <a href="#">Engraved on His hand(30min)</a>  <a href="#">7:15PM-7:45PM - Meditation &amp; Prayer</a>	<b>9</b> Flexibility Friday: <a href="#">He is always working stretch (20min) / Friday Balance (11:52 min)</a>	<b>10</b> <a href="#">7:15:AM Worship</a> <a href="#">7:30 AM Meditation</a> <a href="#">7:45 AM Habits &amp; Celebrations</a>
<b>11</b> Eat 3 servings of veggies each day this week	<b>12</b> <b>Bible study 3</b>  <a href="#">Monday Balance</a>	<b>13</b> <a href="#">6:15 AM Workout</a>  <a href="#">Tuesday Balance</a>	<b>14</b> <a href="#">Wednesday Balance</a>	<b>15</b> Workout: <a href="#">Unconverted Places(48min)</a>  <a href="#">Thursday Balance (8min)</a>	<b>16</b> Flexibility Friday: <a href="#">Recovery Stretch 18min / Friday Balance (11:52 min)</a>	<b>17</b> <a href="#">7:15:AM Worship</a> <a href="#">7:30 AM Meditation</a> <a href="#">7:45 AM Habits &amp; Celebrations</a>
<b>18</b> Eat 4 servings of veggies each day this week	<b>19</b> <a href="#">Bible study 4</a>  <a href="#">Monday Balance</a>	<b>20</b> <a href="#">6:15 AM Workout</a>  <a href="#">Tuesday Balance</a>	<b>21</b> <a href="#">Wednesday Balance</a>	<b>22</b> Workout: <a href="#">Strength In The Lord(33min)</a>  <a href="#">Thursday Balance (8min)</a>	<b>23</b> Flexibility Friday: <a href="#">Upper body stretch 9min / Friday Balance (11:52 min)</a>	<b>24</b> No LIVE Meeting  <b>Christmas Eve</b>
<b>25</b> Eat 5 servings of veggies each day this week  <b>Merry Christmas</b>	<b>26</b> <a href="#">Monday Balance</a>	<b>27</b> <a href="#">6:15 AM Workout</a>  <a href="#">Tuesday Balance</a>	<b>28</b> <a href="#">Wednesday Balance</a>	<b>29</b> Workout: <a href="#">Living Water (33min)</a>  <a href="#">Thursday Balance (8min)</a>	<b>30</b> Flexibility Friday: <a href="#">He is Faithful Stretch 14min / Friday Balance (11:52 min)</a>	<b>31</b> <a href="#">7:15:AM Worship</a> <a href="#">7:30 AM Meditation</a> <a href="#">7:45 AM Habits &amp; Celebrations</a> <b>NEW YEARS EVE'</b>