

# JANUARY 2024

# ST. JOHN THE EVANGELIST LIVE LONGER BETTER CHALLENGE

SUN MON TUE WED THU FRI SAT

<p>14</p>	<p>15</p> <p><input type="checkbox"/> 30min of exercise</p> <p><input type="checkbox"/> 6 glasses of Water</p> <p><input type="checkbox"/> 15-20min of prayer</p> <p><input type="checkbox"/> 2-4 servings of veg or fruit</p> <p>Total Points for the day</p>	<p>16</p> <p><input type="checkbox"/> 30min of exercise</p> <p><input type="checkbox"/> 6 glasses of Water</p> <p><input type="checkbox"/> 15-20min of prayer</p> <p><input type="checkbox"/> 2-4 servings of veg or fruit</p> <p>Total Points for the day</p>	<p>17</p> <p><input type="checkbox"/> 30min of exercise</p> <p><input type="checkbox"/> 6 glasses of Water</p> <p><input type="checkbox"/> 15-20min of prayer</p> <p><input type="checkbox"/> 2-4 servings of veg or fruit</p> <p>Total Points for the day</p>	<p>18</p> <p><input type="checkbox"/> 30min of exercise</p> <p><input type="checkbox"/> 6 glasses of Water</p> <p><input type="checkbox"/> 15-20min of prayer</p> <p><input type="checkbox"/> 2-4 servings of veg or fruit</p> <p>Total Points for the day</p>	<p>19</p> <p><input type="checkbox"/> 30min of exercise</p> <p><input type="checkbox"/> 6 glasses of Water</p> <p><input type="checkbox"/> 15-20min of prayer</p> <p><input type="checkbox"/> 2-4 servings of veg or fruit</p> <p>Total Points for the day</p>	<p>20</p> <p><input type="checkbox"/> 30min of exercise</p> <p><input type="checkbox"/> 6 glasses of Water</p> <p><input type="checkbox"/> 15-20min of prayer</p> <p><input type="checkbox"/> 2-4 servings of veg or fruit</p> <p>Total Points for the day</p> <p>Bonus points for the week</p>
<p>21</p> <p><input type="checkbox"/> 30min of exercise</p> <p><input type="checkbox"/> 6 glasses of Water</p> <p><input type="checkbox"/> 15-20min of prayer</p> <p><input type="checkbox"/> 2-4 servings of veg or fruit</p> <p>Total Points for the day</p>	<p>22</p> <p><input type="checkbox"/> 30min of exercise</p> <p><input type="checkbox"/> 6 glasses of Water</p> <p><input type="checkbox"/> 15-20min of prayer</p> <p><input type="checkbox"/> 2-4 servings of veg or fruit</p> <p>Total Points for the day</p>	<p>23</p> <p><input type="checkbox"/> 30min of exercise</p> <p><input type="checkbox"/> 6 glasses of Water</p> <p><input type="checkbox"/> 15-20min of prayer</p> <p><input type="checkbox"/> 2-4 servings of veg or fruit</p> <p>Total Points for the day</p>	<p>24</p> <p><input type="checkbox"/> 30min of exercise</p> <p><input type="checkbox"/> 6 glasses of Water</p> <p><input type="checkbox"/> 15-20min of prayer</p> <p><input type="checkbox"/> 2-4 servings of veg or fruit</p> <p>Total Points for the day</p>	<p>25</p> <p><input type="checkbox"/> 30min of exercise</p> <p><input type="checkbox"/> 6 glasses of Water</p> <p><input type="checkbox"/> 15-20min of prayer</p> <p><input type="checkbox"/> 2-4 servings of veg or fruit</p> <p>Total Points for the day</p>	<p>26</p> <p><input type="checkbox"/> 30min of exercise</p> <p><input type="checkbox"/> 6 glasses of Water</p> <p><input type="checkbox"/> 15-20min of prayer</p> <p><input type="checkbox"/> 2-4 servings of veg or fruit</p> <p>Total Points for the day</p>	<p>27</p> <p><input type="checkbox"/> 30min of exercise</p> <p><input type="checkbox"/> 6 glasses of Water</p> <p><input type="checkbox"/> 15-20min of prayer</p> <p><input type="checkbox"/> 2-4 servings of veg or fruit</p> <p>Total Points for the day</p> <p>Bonus points for the week</p>
<p>28</p> <p><input type="checkbox"/> 30min of exercise</p> <p><input type="checkbox"/> 6 glasses of Water</p> <p><input type="checkbox"/> 15-20min of prayer</p> <p><input type="checkbox"/> 2-4 servings of veg or fruit</p> <p>Total Points for the day</p>	<p>29</p> <p><input type="checkbox"/> 30min of exercise</p> <p><input type="checkbox"/> 6 glasses of Water</p> <p><input type="checkbox"/> 15-20min of prayer</p> <p><input type="checkbox"/> 2-4 servings of veg or fruit</p> <p>Total Points for the day</p>	<p>30</p> <p><input type="checkbox"/> 30min of exercise</p> <p><input type="checkbox"/> 6 glasses of Water</p> <p><input type="checkbox"/> 15-20min of prayer</p> <p><input type="checkbox"/> 2-4 servings of veg or fruit</p> <p>Total Points for the day</p>	<p>31</p> <p><input type="checkbox"/> 30min of exercise</p> <p><input type="checkbox"/> 6 glasses of Water</p> <p><input type="checkbox"/> 15-20min of prayer</p> <p><input type="checkbox"/> 2-4 servings of veg or fruit</p> <p>Total Points for the day</p>			

**1 point for each, 4 points maximum per day**

1 point for 30 minutes of exercise/movement

1 point for drinking 6 glasses of water

1 point for 15-20min of prayer

1 point for having 4 servings of fruit and/or vegetables

4 bonus points will be available per week once a challenge has been completed. (the challenge will be emailed to you every Sunday)

Total points for January:

**Notes**

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# FEBRUARY 2024

# ST. JOHN THE EVANGELIST LIVE LONGER BETTER

## CHALLENGE

SUN

MON

TUE

WED

THU

FRI

SAT

					<b>1</b> <input type="checkbox"/> 30min of exercise <input type="checkbox"/> 6 glasses of Water <input type="checkbox"/> 15-20min of prayer <input type="checkbox"/> 2-4 servings of veg or fruit	Total Points for the day	<b>2</b> <input type="checkbox"/> 30min of exercise <input type="checkbox"/> 6 glasses of Water <input type="checkbox"/> 15-20min of prayer <input type="checkbox"/> 2-4 servings of veg or fruit	Total Points for the day	<b>3</b> <input type="checkbox"/> 30min of exercise <input type="checkbox"/> 6 glasses of Water <input type="checkbox"/> 15-20min of prayer <input type="checkbox"/> 2-4 servings of veg or fruit	Total Points for the day	Bonus points for the week			
<b>4</b> <input type="checkbox"/> 30min of exercise <input type="checkbox"/> 6 glasses of Water <input type="checkbox"/> 15-20min of prayer <input type="checkbox"/> 2-4 servings of veg or fruit	Total Points for the day	<b>5</b> <input type="checkbox"/> 30min of exercise <input type="checkbox"/> 6 glasses of Water <input type="checkbox"/> 15-20min of prayer <input type="checkbox"/> 2-4 servings of veg or fruit	Total Points for the day	<b>6</b> <input type="checkbox"/> 30min of exercise <input type="checkbox"/> 6 glasses of Water <input type="checkbox"/> 15-20min of prayer <input type="checkbox"/> 2-4 servings of veg or fruit	Total Points for the day	<b>7</b> <input type="checkbox"/> 30min of exercise <input type="checkbox"/> 6 glasses of Water <input type="checkbox"/> 15-20min of prayer <input type="checkbox"/> 2-4 servings of veg or fruit	Total Points for the day	<b>8</b> <input type="checkbox"/> 30min of exercise <input type="checkbox"/> 6 glasses of Water <input type="checkbox"/> 15-20min of prayer <input type="checkbox"/> 2-4 servings of veg or fruit	Total Points for the day	<b>9</b> <input type="checkbox"/> 30min of exercise <input type="checkbox"/> 6 glasses of Water <input type="checkbox"/> 15-20min of prayer <input type="checkbox"/> 2-4 servings of veg or fruit	Total Points for the day	<b>10</b> <input type="checkbox"/> 30min of exercise <input type="checkbox"/> 6 glasses of Water <input type="checkbox"/> 15-20min of prayer <input type="checkbox"/> 2-4 servings of veg or fruit	Total Points for the day	Bonus points for the week
<b>11</b> <input type="checkbox"/> 30min of exercise <input type="checkbox"/> 6 glasses of Water <input type="checkbox"/> 15-20min of prayer <input type="checkbox"/> 2-4 servings of veg or fruit	Total Points for the day	<b>12</b> <input type="checkbox"/> 30min of exercise <input type="checkbox"/> 6 glasses of Water <input type="checkbox"/> 15-20min of prayer <input type="checkbox"/> 2-4 servings of veg or fruit	Total Points for the day	<b>13</b> <input type="checkbox"/> 30min of exercise <input type="checkbox"/> 6 glasses of Water <input type="checkbox"/> 15-20min of prayer <input type="checkbox"/> 2-4 servings of veg or fruit	Total Points for the day	<b>14</b> <input type="checkbox"/> 30min of exercise <input type="checkbox"/> 6 glasses of Water <input type="checkbox"/> 15-20min of prayer <input type="checkbox"/> 2-4 servings of veg or fruit	Total Points for the day	<b>15</b> <input type="checkbox"/> 30min of exercise <input type="checkbox"/> 6 glasses of Water <input type="checkbox"/> 15-20min of prayer <input type="checkbox"/> 2-4 servings of veg or fruit	Total Points for the day	<b>16</b> <input type="checkbox"/> 30min of exercise <input type="checkbox"/> 6 glasses of Water <input type="checkbox"/> 15-20min of prayer <input type="checkbox"/> 2-4 servings of veg or fruit	Total Points for the day	<b>17</b> <input type="checkbox"/> 30min of exercise <input type="checkbox"/> 6 glasses of Water <input type="checkbox"/> 15-20min of prayer <input type="checkbox"/> 2-4 servings of veg or fruit	Total Points for the day	Bonus points for the week

**1 point for each, 4 points maximum per day**

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### Notes

Total points for February: