

HEALTHYNHOLY

30 DAY CHALLENGE

#HEALTHYNHOLY #IAMHNNH #HNNHLIFESTYLE

<p>DAY 1 Proverbs 1 John 1:1-28</p>	<p>DAY 2 Proverbs 2 John 1:29-51</p>	<p>DAY 3 Proverbs 3 John 2</p>	<p>DAY 4 Proverbs 4 John 3</p>	<p>DAY 5 Proverbs 5 John 4:1-38</p>
<p>DAY 6 Proverbs 6 John 4:39-54</p>	<p>DAY 7 Proverbs 7 John 5:1-15</p>	<p>DAY 8 Proverbs 8 John 5:16-47</p>	<p>DAY 9 Proverbs 9 John 6:1-21</p>	<p>DAY 10 Proverbs 10 John 6:22-71</p>
<p>DAY 11 Proverbs 11 John 7:1-24</p>	<p>DAY 12 Proverbs 12 John 7:25-53</p>	<p>DAY 13 Proverbs 13 John 8:1-30</p>	<p>DAY 14 Proverbs 14 John 8:31-59</p>	<p>DAY 15 Proverbs 15 John 9</p>
<p>DAY 16 Proverbs 16 John 10:1-21</p>	<p>DAY 17 Proverbs 17 John 10:22-42</p>	<p>DAY 18 Proverbs 18 John 11:1-44</p>	<p>DAY 19 Proverbs 19 John 11:45-57</p>	<p>DAY 20 Proverbs 20 John 12:1-19</p>
<p>DAY 21 Proverbs 21 John 12:20-50</p>	<p>DAY 22 Proverbs 22 John 13</p>	<p>DAY 23 Proverbs 23 John 14</p>	<p>DAY 24 Proverbs 24 John 15</p>	<p>DAY 25 Proverbs 25 John 16</p>
<p>DAY 26 Proverbs 26 John 17</p>	<p>DAY 27 Proverbs 27 John 18</p>	<p>DAY 28 Proverbs 28 John 19</p>	<p>DAY 29 Proverbs 29 John 20</p>	<p>DAY 30 Proverbs 30 & 31 John 21</p>



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30 DAY WORKOUT

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DAY 1 10 Squats 10 Sec. Plank 5 Push Ups 10 Crunches	DAY 2 10 Squats 10 Sec. Plank 5 Push Ups 10 Crunches	DAY 3 5 Minute Prayer Walk	DAY 4 15 Squats 15 Sec. Plank 10 Push Ups 15 Crunches	DAY 5 15 Squats 10 Sec. Plank 10 Push Ups 15 Crunches
DAY 6 17 Squats 15 Sec. Plank 12 Push Ups 20 Crunches	DAY 7 REST	DAY 8 20 Squats 15 Sec. Plank 15 Push Ups 22 Crunches	DAY 9 20 Squats 20 Sec. Plank 15 Push Ups 22 Crunches	DAY 10 10 Minute Prayer Walk
DAY 11 22 Squats 15 Sec. Plank 15 Push Ups 25 Crunches	DAY 12 22 Squats 15 Sec. Plank 15 Push Ups 25 Crunches	DAY 13 25 Squats 20 Sec. Plank 15 Push Ups 30 Crunches	DAY 14 REST	DAY 15 27 Squats 25 Sec. Plank 17 Push Ups 30 Crunches
DAY 16 27 Squats 20 Sec. Plank 17 Push Ups 30 Crunches	DAY 17 15 Minute Prayer Walk	DAY 18 30 Squats 20 Sec. Plank 17 Push Ups 30 Crunches	DAY 19 30 Squats 20 Sec. Plank 17 Push Ups 33 Crunches	DAY 20 32 Squats 25 Sec. Plank 20 Push Ups 35 Crunches
DAY 21 REST	DAY 22 35 Squats 20 Sec. Plank 20 Push Ups 35 Crunches	DAY 23 35 Squats 25 Sec. Plank 22 Push Ups 37 Crunches	DAY 24 20 Minute Prayer Walk	DAY 25 40 Squats 25 Sec. Plank 25 Push Ups 40 Crunches
DAY 26 40 Squats 25 Sec. Plank 27 Push Ups 40 Crunches	DAY 27 42 Squats 30 Push Ups 45 Crunches	DAY 28 REST	DAY 29 45 Squats 25 Sec. Plank 35 Push Ups 45 Crunches	DAY 30 50 Squats 30 Sec. Plank 40 Push Ups 50 Crunches 30 Minute Prayer Walk



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