

April 2022

FAITH. FITNESS. FOOD. FRIENDS. POINTS CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

MAY 01

6 WAYS TO EARN POINTS EACH DAY!

1. Drink Water
2. Exercise
3. Read Your Bible
4. Eat Vegetables
5. Limit Sugar
6. Share FW with a friend