

Healthy hearts & Living Love

Track your 'heart healthy' win with a  everyday!

FEBRUARY

Nurture your heart and grow in love—one day at a time.

SUN MON TUE WED THU FRI SAT

<p>1</p> <p>READ PROVERBS 4:23 ASK GOD TO PREPARE YOU TO FOCUS ON YOUR HEART HEALTH</p>	<p>2</p> <p>START YOUR DAY WITH GRATITUDE, THANK GOD FOR WHAT HE IS ABOUT TO DO!</p>	<p>3</p> <p>JOIN US FOR THE GATHERING TONIGHT @6:45 BRING A FRIEND</p>	<p>4</p> <p>GO TO BED 30 MINUTES EARLIER TONIGHT.</p>	<p>5</p> <p>CATCH THE THURSDAY NIGHT LIVESTREAM @ 7P ON THE APP</p>	<p>6</p> <p>WEIGH IN DAY FITNESS FRIDAY. GET ACTIVE TODAY</p>	<p>7</p> <p>JOIN THE MONTHLY PRAYER CALL @9A</p>
<p>8</p> <p>MONTHLY CORPORATE FASTING-24 HOUR</p>	<p>9</p> <p>TURN OFF SCREENS ONE HOUR BEFORE BED. READ THE WORD</p>	<p>10</p> <p>GIVING TUESDAY</p> 	<p>11</p> <p>TAKE A 10 MINUTE PRAYER WALK TODAY!</p>	<p>12</p> <p>CATCH THE THURSDAY NIGHT LIVESTREAM @ 7P ON THE APP</p>	<p>13</p> <p>WEIGH IN DAY FITNESS FRIDAY. GET ACTIVE TODAY</p>	<p>14</p> <p>TAKE A FAMILY WALK, PLAY OUTSIDE WITH LOVED ONES</p>
<p>15</p> <p>PRAY AND ASK GOD FOR WISDOM TO MAKE HEALTHY FOOD CHOICES THIS WEEK</p>	<p>16</p> <p>CHOOSE 1 HEART HEALTHY FOOD AT YOUR NEXT MEAL</p>	<p>17</p> <p>PLANET FITNESS NIGHT! JOIN US @ 7P IN FT. WRIGHT, KY</p>	<p>18</p> <p>PAUSE BEFORE EVERY MEAL. PRAY & EAT MINDFULLY.</p>	<p>19</p> <p>CATCH THE THURSDAY NIGHT LIVESTREAM @ 7P ON THE APP</p>	<p>20</p> <p>WEIGH IN DAY FITNESS FRIDAY. GET ACTIVE TODAY</p>	<p>21</p> <p>PLAN A HEART HEALTHY MEAL WITH FAMILY TODAY</p>
<p>22</p> <p>PRAY ABOUT ONE HEART HEALTHY HABIT YOU WILL CARRY INTO NEXT MONTH</p>	<p>23</p> <p>CHOOSE WATER DITCH SUGARY DRINKS TODAY</p>	<p>24</p> <p>TRACK YOUR SALT INTAKE TODAY. AIM FOR LESS THAN 2000 MG</p>	<p>25</p> <p>EAT ONE MEATLESS MEAL TODAY.</p>	<p>26</p> <p>CATCH THE THURSDAY NIGHT LIVESTREAM @ 7P ON THE APP</p>	<p>27</p> <p>WEIGH IN DAY FITNESS FRIDAY. GET ACTIVE TODAY</p>	<p>28</p> <p>PRAISE GOD FOR ALL THAT HE REVEALED TO YOU ABOUT LOVE & HEART HEALTH</p> 
<p>Did this calendar bless you? Sow a seed and help us spread the</p>  						<p>HAVE YOU SAVED YOUR SEAT FOR THE NEXT MONTHLY MEETING?</p>

Notes:
