



MY GOAL

FAMILY DINNERS

A challenge to make family dinners together a priority this month.

CHALLENGE DETAILS: Take back your family time and commit to gathering around the dinner table. Plan as needed, be flexible, and make dinner time enjoyable. There is no time more valuable.

SUGGESTED GOAL PAIRINGS: Unplug Every Night - Zip It Challenge - Love Languages

PROGRESS: For each family dinner you enjoy, color in the box.

FAMILY DINNER CHALLENGE

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