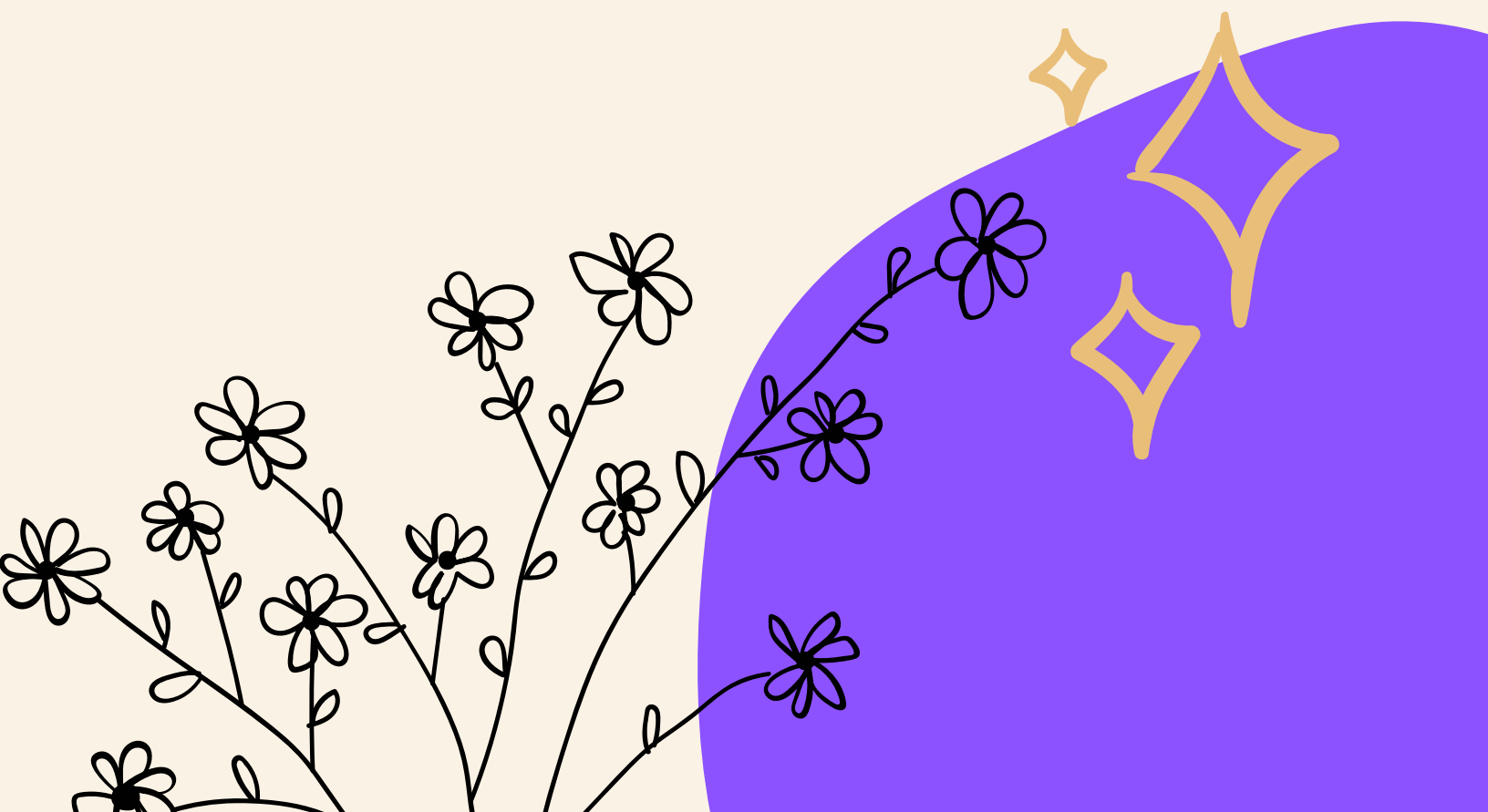




Vibrant Healthy Kids Summit Journal



Inspiration

*IT IS HEALTH THAT IS REAL
WEALTH AND NOT PIECES OF
GOLD AND SILVER.*

- MAHATMA GANDHI

*LET FOOD BE THY
MEDICINE AND MEDICINE
BE THY FOOD.*

- HIPPOCRATES

DAILY NOTES

3 TAKEAWAYS

ONE ACTION STEP I CAN TAKE NOW

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Top 10 REVIEW

PRIORITY TAKEAWAYS

PRIORITY ACTION STEPS

DAILY NOTES

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Top 10 REVIEW

PRIORITY TAKEAWAYS

PRIORITY ACTION STEPS

SUMMIT REVIEW

WHAT IS THE MOST IMPORTANT CHANGE I CAN MAKE NOW TO IMPROVE MY FAMILY'S HEALTH?

WHAT ARE 3 WAYS TO SUPPORT AND ENCOURAGE MYSELF TO BELIEVE IN THE VALUE OF THIS CHANGE?

CLOSING THOUGHTS



I BELIEVE THAT THE
GREATEST GIFT YOU CAN
GIVE YOUR FAMILY AND
THE WORLD IS A
HEALTHY YOU.

-JOYCE MEYER

