



**WEEK 1:**  
**PHYSICAL  
HEALTH**

**MONDAY: Choose Small Goals**

- You will stay consistent if you have success right off the bat. By choosing things that are doable you will stay encouraged. As you have success go a little farther and do a little more.
- **Bible verse:** Do your planning and prepare your fields before building your house. *Proverbs 24:27*

**TUESDAY: Choose An Activity You Like**

- Don't try to become Arnold Schwarzenegger if you don't enjoy lifting weights. If you like the outdoors, start by walking. Find a physical activity that matches your interests. That will help you stick with it long-term.
- **Bible Verse:** Take delight in the LORD, and he will give you your heart's desires. *Psalms 37:4*

**WEDNESDAY: Think Long Term**

- This is going to be a challenging journey at times. There is a good chance you will have a slip-up along the way. Don't get down on yourself. Just get back to your plan and keep going.
- **Bible Verse:** No dear brothers and sisters, I have not achieved it, but I focus on this one thing: Forgetting the past and looking forward to what lies ahead, I press on to reach the end of the race and receive the heavenly prize for which God, through Christ Jesus, is calling us. *Philippians 3:13-14*

**THURSDAY: Get Checked Regularly**

- It's important that you have a regular visit to the physician, especially if you have health issues in your medical history. Leaning on professionals will help you discover any issues before they become chronic.
- **Bible verse:** Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty. *Proverbs 21:5*

**FRIDAY: Pay Attention To Your Body**

- Your body will tell you if it needs food, water, or rest. If you are exercising and you have pain, don't ignore it. Get it checked out. Your body is an amazing creation and if you take care of it, it will take care of you.
- **Bible verse:** Thank you for making me so wonderfully complex! Your workmanship is marvelous - how well I know it. *Psalms 139:14*

**SAT/SUN: Find Some Help**

- Get someone in your life that you can share this journey with and ask them to help you stay consistent and encouraged. It is always good to have a cheerleader on your side.
- **Bible verse:** So encourage each other and build each other up, just as you are already doing. *1 Thessalonians 5:11*

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