

Fit Challenge Card



Week 1 Mentally Fit	Week 2 Spiritually Fit	Week 3 Relationally Fit	Week 4 Physically Fit
Take 5 deep breathes 3 times in 1 week <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Pray (not for a meal) 5 days in 1 week <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Call a family member	Walk or run for 30 minutes
Memorize 4 Bible verses <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Share a testimony with 1 person	Married: go on a date Single: go out with friends	Sleep for 8 hours
Talk to someone about a frustration you have	Help with the HFC Work Day Sat Jan 15 th	With kids: spend 30 minutes playing together No kids: get with a friend and work on a hobby	Do a workout video from YouTube for at least 20 minutes
Write in a journal 3 times in 1 week <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Read your Bible 5 days in 1 week <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Meet a friend for coffee or a meal	Eat fruit instead of dessert

Fit Challenge Card

Step 1: Pick up a card.

You are doing amazing already!

Step 2: Invite someone else to do the challenges with you.

Hard is less hard with someone else.

Step 3: Do the challenges for each week.

Make a plan. You got this!

Step 4: Turn in your completed card.

Win stuff weekly and a Grand Prize Jan 30th

Name: _____

hfcog.org/FitChallenge

