

# Fit Challenge Card



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

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**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 30<sup>th</sup>*

**Name:** \_\_\_\_\_

[hfcog.org/FitChallenge](http://hfcog.org/FitChallenge)

