



kaela fit
spiritually • physically • mentally

April 2017

helping YOU create YOUR
healthy lifestyle:
spiritually, physically, mentally


LET'S CONNECT



@KaelaFit

www.kaelaFit.com

MON	TUES	WED	THURS	FRI	SAT	SUN
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<p>READ: Ecclesiastes 5:4</p> <p>PRAY: Lord, I am committed to You and to my health. Throughout this journey, I will trust You and rely on You.</p>	<p>THE GOALS:</p> <ul style="list-style-type: none"> * Move DAILY. You don't need a gym. You don't need equipment. Create YOUR lifestyle! * Incorporate God's Word and prayer into your daily healthy lifestyle. * Read...Pray..Exercise – DAILY! * On Sunday, refuel yourself spiritually, physically, and mentally 					<p>1</p> <p>__1min squats __30sec. push-ups __plank to failure</p>	<p>2</p> <p>*REFUEL*</p> <p><input type="checkbox"/> spiritually <input type="checkbox"/> physically <input type="checkbox"/> mentally</p>
<p>READ: Proverbs 14:3</p> <p>PRAY: Lord, please help me to keep my commitments. I will do what I said I would do. I will not quit.</p>	<p>3</p> <p>1min jumping jacks 10 squat jumps REPEAT 3x</p>	<p>4</p> <p>5 alt. front lunges each leg 30sec. plank REPEAT 3x</p>	<p>5</p> <p>100 squats 25 push-ups REPEAT 3x</p>	<p>6</p> <p>1min jumping jacks 30sec.plank REPEAT 3x</p>	<p>7</p> <p>30sec. mountain climbers 15 hip thrusters REPEAT 3x</p>	<p>8</p> <p>__1min squats __30sec. push-ups __plank to failure</p>	<p>9</p> <p>*REFUEL*</p> <p><input type="checkbox"/> spiritually <input type="checkbox"/> physically <input type="checkbox"/> mentally</p>
<p>READ: Romans 4:25</p> <p>PRAY: Jesus, I thank you for your sacrifice. You died and rose again – FOR ME! I can do this. I deserve the best life. You gave up everything for me. Thank you.</p>	<p>10</p> <p>5 alt. front lunges each leg 5 burpees REPEAT 3x</p>	<p>11</p> <p>10 shoulder taps each side 5 alt. back lunges each leg REPEAT 3x</p>	<p>12</p> <p>30sec. squats 30sec. push-ups REPEAT 3x</p>	<p>13</p> <p>30sec. jumping jacks 30sec. forearm plank REPEAT 3x</p>	<p>14</p> <p>30sec. push-ups 30sec. hip thrusters REPEAT 3x</p>	<p>15</p> <p>__1min squats __30sec. push-ups __plank to failure</p>	<p>16</p> <p>*REFUEL*</p> <p><input type="checkbox"/> spiritually <input type="checkbox"/> physically <input type="checkbox"/> mentally</p> <p>HE IS RISEN!</p> 
<p>READ: James 1:12</p> <p>PRAY: Lord, even when I struggle, whether with my health, my finances, my relationship, or push-ups. I will persevere. I will continue to fight.</p>	<p>17</p> <p>100 squats 10 burpees REPEAT 3x</p>	<p>18</p> <p>30sec. plank 20 hip thrusters REPEAT 3x</p>	<p>19</p> <p>100 squats 25 push-ups REPEAT 3x</p>	<p>20</p> <p>10 shoulder taps each side 5 alt. back lunges each leg REPEAT 3x</p>	<p>21</p> <p>30sec. mountain climbers 10 squat jumps REPEAT 2x</p>	<p>22</p> <p>__1min squats __30sec. push-ups __plank to failure</p>	<p>23</p> <p>*REFUEL*</p> <p><input type="checkbox"/> spiritually <input type="checkbox"/> physically <input type="checkbox"/> mentally</p>
<p>READ: Matthew 14:31</p> <p>PRAY: Lord, I believe in myself and in the gifts You have given me. I thank you for blessing me with the ability to _____.</p>	<p>24</p> <p>10 squats 10 shoulder taps each side REPEAT 5x</p>	<p>25</p> <p>10 push-ups 30sec. mountain climbers REPEAT 3x</p>	<p>26</p> <p>30sec. squats 30sec. burpees REPEAT 3x</p>	<p>27</p> <p>5 alt. front lunges each leg 30sec. plank REPEAT 3x</p>	<p>28</p> <p>1min jumping jacks 10 burpees REPEAT 2x</p>	<p>29</p> <p>__1min squats __30sec. push-ups __plank to failure</p>	<p>30</p> <p>*REFUEL*</p> <p><input type="checkbox"/> spiritually <input type="checkbox"/> physically <input type="checkbox"/> mentally</p>