



May 2017

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

LET'S CONNECT


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	MON	TUES	WED	THURS	FRI	SAT	SUN
<p>READ: 2 Corinthians 3:17-18</p> <p>PRAY: Lord, when I look in the mirror, help me to see YOU! I work hard for YOU. I am strong, beautiful, and confident because I reflect YOU. AMEN</p>	<p>1</p> <p>20 jumping jacks</p> <p>30 sec. plank</p> <p>REPEAT 3x</p>	<p>2</p> <p>20 Standing knee up twist (10 each side)</p> <p>10 push-ups</p> <p>REPEAT 3x</p>	<p>3</p> <p>20 ice skaters</p> <p>20 shoulder taps</p> <p>REPEAT 3x</p>	<p>4</p> <p>100 squats</p> <p>30 push-ups</p>	<p>5</p> <p>20 seated twist (10 each side)</p> <p>20 mountain climbers</p> <p>REPEAT 3x</p>	<p>6</p> <p>5 MIN. CHALLENGE</p> <p>20 squats</p> <p>10 push-ups</p> <p>Every minute on the minute for 5 minutes!</p>	<p>7</p> <p>*REFUEL*</p> <p><input type="checkbox"/> spiritually</p> <p><input type="checkbox"/> physically</p> <p><input type="checkbox"/> mentally</p>
<p>READ: James 2:5-6</p> <p>PRAY: Lord, I thank you for the power in my words. I pray I will watch what I say: about others, about myself, about this workout, and about my life. AMEN</p>	<p>8</p> <p>10 squats</p> <p>10 push-ups</p> <p>REPEAT 5x</p>	<p>9</p> <p>20 ice skaters</p> <p>10 plank (arm out/in)</p> <p>REPEAT 3x</p>	<p>10</p> <p>100 squats</p> <p>30 push-ups</p>	<p>11</p> <p>20 jumping jacks</p> <p>10 leg raises</p> <p>REPEAT 3x</p>	<p>12</p> <p>30sec. mountain climbers</p> <p>30sec. plank</p> <p>REPEAT 3x</p>	<p>13</p> <p>5 MIN. CHALLENGE</p> <p>20 squats</p> <p>10 push-ups</p> <p>Every minute on the minute for 5 minutes!</p>	<p>14</p> <p>*REFUEL*</p> <p><input type="checkbox"/> spiritually</p> <p><input type="checkbox"/> physically</p> <p><input type="checkbox"/> mentally</p>
<p>READ: Proverbs 27:17</p> <p>PRAY: Lord, I thank you for friends in my life. I pray that my life will encourage, inspire, and sharpen them. I will continue to build up my friends as I build up myself. AMEN</p>	<p>15</p> <p>10 squats</p> <p>20 shoulder taps</p> <p>REPEAT 5x</p>	<p>16</p> <p>20 mountain climbers</p> <p>10 leg raises</p> <p>REPEAT 3x</p>	<p>17</p> <p>20 ice skaters</p> <p>20 seated twist (10 each side)</p> <p>REPEAT 3x</p>	<p>18</p> <p>100 squats</p> <p>30 push-ups</p>	<p>19</p> <p>20 jumping jacks</p> <p>10 plank (arm out/in)</p> <p>REPEAT 3x</p>	<p>20</p> <p>5 MIN. CHALLENGE</p> <p>20 squats</p> <p>10 push-ups</p> <p>Every minute on the minute for 5 minutes!</p>	<p>21</p> <p>*REFUEL*</p> <p><input type="checkbox"/> spiritually</p> <p><input type="checkbox"/> physically</p> <p><input type="checkbox"/> mentally</p>
<p>READ: James 1:22</p> <p>PRAY: Father, I read Your Word. I know Your Word. Help me to always DO Your Word! It is time for me to take action. In my work, in my relationship, in my health. AMEN</p>	<p>22</p> <p>20 ice skaters</p> <p>10 plank (arm out/in)</p> <p>REPEAT 3x</p>	<p>23</p> <p>20 jumping jacks</p> <p>20 seated twist (10 each side)</p> <p>REPEAT 3x</p>	<p>24</p> <p>100 squats</p> <p>30 push-ups</p>	<p>25</p> <p>20 Standing knee up twist (10 each side)</p> <p>20 mountain climbers</p> <p>REPEAT 3x</p>	<p>26</p> <p>20 ice skaters</p> <p>10 leg raises</p> <p>REPEAT 3x</p>	<p>27</p> <p>5 MIN. CHALLENGE</p> <p>20 squats</p> <p>10 push-ups</p> <p>Every minute on the minute for 5 minutes!</p>	<p>28</p> <p>*REFUEL*</p> <p><input type="checkbox"/> spiritually</p> <p><input type="checkbox"/> physically</p> <p><input type="checkbox"/> mentally</p>
<p>READ: Proverbs 13:4</p> <p>PRAY: Lord, I thank you for every opportunity you put in front of me. I am committed to work hard. I will not be lazy. I will not be sluggish. I will WORK! AMEN</p>	<p>29</p> <p>20 jumping jacks</p> <p>20 standing knee up twist (10 each side)</p> <p>REPEAT 3x</p>	<p>30</p> <p>30sec. mountain climbers</p> <p>30sec. plank</p> <p>REPEAT 3x</p>	<p>31</p> <p>100 squats</p> <p>30 push-ups</p>	<p>THE GOAL:</p> <p><i>*Move DAILY. No gym. No equipment. Create YOUR lifestyle!</i></p> <p><i>*Incorporate God's Word and prayer into your daily healthy lifestyle.</i></p> <p><i>*Read...Pray..Exercise – DAILY!</i></p> <p><i>*On Sunday, refuel yourself spiritually, physically, and mentally</i></p> <p><i>*TAG @kaelaFit on Facebook & Instagram and use #KaelaFitCalendar</i></p>			