



	MON	TUES	WED	THURS	FRI	SAT	SUN
<p>READ: Hebrews 12:1</p> <p>PRAY: Lord, when I get tired, I won't quit. I will have endurance to continue. I will eliminate distractions and complete the challenge, for Your glory. AMEN</p>	<p>THE GOAL: *Move DAILY. No gym. No 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> <p>TAG @kaelaFit on Facebook & Instagram and use #kaelaFitcalendar</p>			<p>1 20 jumping jacks 20 bicycle crunches (10 each side) REPEAT 3x</p>	<p>2 20 plank knee taps (10 each side) 10 half burpees REPEAT 3x</p>	<p>3 5 MIN. CHALLENGE 20 shoulder taps 20 mountain climbers <i>Every minute on the minute for 5 minutes!</i></p>	<p>4 *REFUEL* <input type="checkbox"/> spiritually <input type="checkbox"/> physically <input type="checkbox"/> mentally</p>
<p>READ: Proverbs 24:16</p> <p>PRAY: Lord, I thank you for the strength to keep going. Although I may fall, and fall again, and get off track, I will rise again. I will try again. I won't give up. AMEN</p>	<p>5 back lunge-front kick (5 each leg) 10 push-ups REPEAT 3x</p>	<p>6 10 half burpees 30sec. plank REPEAT 3x</p>	<p>7 100 squats 30 push-ups</p>	<p>8 20 jumping jacks 20 plank knee taps (10 each side) REPEAT 3x</p>	<p>9 10 side lunges (10 each side) 20 jumping jacks REPEAT 3x</p>	<p>10 5 MIN. CHALLENGE 20 shoulder taps 20 mountain climbers <i>Every minute on the minute for 5 minutes!</i></p>	<p>11 *REFUEL* <input type="checkbox"/> spiritually <input type="checkbox"/> physically <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>12 10 squats 5 half burpees REPEAT 3x</p>	<p>13 20 mountain climbers plank knee taps (10 each side) REPEAT 3x</p>	<p>14 back lunge-front kick (5 each leg) 10 push-ups REPEAT 3x</p>	<p>15 100 squats 30 push-ups</p>	<p>16 20 jumping jacks 30 sec. plank REPEAT 3x</p>	<p>17 5 MIN. CHALLENGE 20 shoulder taps 20 mountain climbers <i>Every minute on the minute for 5 minutes!</i></p>	<p>18 *REFUEL* <input type="checkbox"/> spiritually <input type="checkbox"/> physically <input type="checkbox"/> mentally</p>
<p>READ: Proverbs 22:13</p> <p>PRAY: Father, I read Your Word. I am committed. I will no longer make excuses. I will do Your will. I will fight my fear. When an excuse comes, I will recognize it and push against it. I can do this! AMEN</p>	<p>19 back lunge-front kick (5 each leg) 20 bicycle crunches (10 each side) REPEAT 3x</p>	<p>20 20 jumping jacks 10 side lunges (10 each side) REPEAT 3x</p>	<p>21 100 squats 30 push-ups</p>	<p>22 20 bicycle crunches (10 each side) 30 sec. plank REPEAT 3x</p>	<p>23 10 squats 10 side lunges (10 each side) REPEAT 3x</p>	<p>24 5 MIN. CHALLENGE 20 shoulder taps 20 mountain climbers <i>Every minute on the minute for 5 minutes!</i></p>	<p>25 *REFUEL* <input type="checkbox"/> spiritually <input type="checkbox"/> physically <input type="checkbox"/> mentally</p>
<p>READ: Galatians 6:9</p> <p>PRAY: Lord, I am strong. You give me strength when I feel I can't go on. I will not grow weary. When I get tired I will lean on you. I will continue. I will fight. AMEN</p>	<p>26 20 jumping jacks 10 half burpees REPEAT 3x</p>	<p>27 Back lunge-front kick (5 each leg) 30sec. plank REPEAT 3x</p>	<p>28 10 side lunges (10 each side) 10 push-ups REPEAT 3x</p>	<p>29 100 squats 30 push-ups</p>	<p>30 20 jumping jacks 20 bicycle crunches (10 each side) REPEAT 3x</p>	<p>“He that is good at making excuses are seldom good at anything else” -Benjamin Franklin</p>	