



# kaela fit **September** 2017

spiritually  
physically  
mentally

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

LET'S CONNECT



@KaelaFit

www.kaelafit.com

kaelafit@gmail.com

MON	TUES	WED	THURS	FRI	SAT	SUN
-----	------	-----	-------	-----	-----	-----

<p><b>READ:</b> Proverbs 18:9</p> <p><b>PRAY:</b> Lord, thank You for all the abilities you have given me. I am determined and I am committed to Your purpose for my life. I am committed to my health. AMEN!</p>	<p><b>THE GOAL: "PLAN YOUR WEEK"</b></p> <p><i>*Move DAILY. No excuses. 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><b>*TAG @kaelafit on Facebook &amp; Instagram and use #KaelaFitCalendar</b></i></p>			1	2	3	
<p><b>READ:</b> Proverbs 19:3</p> <p><b>PRAY:</b> Lord, I know your plans for me are good. I pray that I get out of my own way and fully trust you. When I am weak, YOU are my strength. I will keep going. AMEN.</p>	4	5	6	7	8	9	10
<p><b>READ:</b> Proverbs 19:24</p> <p><b>PRAY:</b> Lord, thank You for every blessing, even the ones I have not used properly. I am committed to my health journey and moving forward toward my destiny. AMEN.</p>	11	12	13	14	15	16	17
<p><b>READ:</b> Proverbs 20:24</p> <p><b>PRAY:</b> Lord, I desire to submit to You. It's not always easy, like this exercise stuff, but I will stay the course. You are in control and I will be healthy and ready for whatever Your will is. AMEN.</p>	18	19	20	21	22	23	24
<p><b>READ:</b> Proverbs 21:5</p> <p><b>PRAY:</b> Lord, I will not give up. I know You are with me. I know You are proud of my commitment. Please help me when I am impatient with my results. I won't quit. AMEN.</p>	25	26	27	28			

- Read
- Pray
- 30 minutes cardio
- 10 burpees

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Read              | <input type="checkbox"/> 30 minutes cardio | <input type="checkbox"/> 1 minute plank    |
| <input type="checkbox"/> Pray              | <input type="checkbox"/> 30 minutes cardio | <input type="checkbox"/> 1 minute plank    |
| <input type="checkbox"/> 30 minutes cardio | <input type="checkbox"/> 100 squats        | <input type="checkbox"/> 100 hip thrusters |
| <input type="checkbox"/> 30 minutes cardio | <input type="checkbox"/> 100 push-ups      | <input type="checkbox"/> 20 burpees        |

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Read              | <input type="checkbox"/> 30 minutes cardio    | <input type="checkbox"/> 50 forward lunges each leg |
| <input type="checkbox"/> Pray              | <input type="checkbox"/> 30 minutes cardio    | <input type="checkbox"/> 100 shoulder taps          |
| <input type="checkbox"/> 30 minutes cardio | <input type="checkbox"/> 200 bicycle crunches | <input type="checkbox"/> 100 pop-squats             |
| <input type="checkbox"/> 30 minutes cardio | <input type="checkbox"/> 100 push-ups         | <input type="checkbox"/> 20 burpees                 |

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Read              | <input type="checkbox"/> 30 minutes cardio | <input type="checkbox"/> 50 backward lunges each leg |
| <input type="checkbox"/> Pray              | <input type="checkbox"/> 30 minutes cardio | <input type="checkbox"/> 1 minute plank              |
| <input type="checkbox"/> 30 minutes cardio | <input type="checkbox"/> 200 squats        | <input type="checkbox"/> 1 minute plank              |
| <input type="checkbox"/> 30 minutes cardio | <input type="checkbox"/> 200 push-ups      | <input type="checkbox"/> 20 burpees                  |

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Read              | <input type="checkbox"/> 30 minutes cardio    | <input type="checkbox"/> 100 pop-squats |
| <input type="checkbox"/> Pray              | <input type="checkbox"/> 30 minutes cardio    | <input type="checkbox"/> 100 push-ups   |
| <input type="checkbox"/> 30 minutes cardio | <input type="checkbox"/> 100 hip thrusts      | <input type="checkbox"/> 1:30 plank     |
| <input type="checkbox"/> 30 minutes cardio | <input type="checkbox"/> 200 bicycle crunches | <input type="checkbox"/> 50 burpees     |