

# July 2017


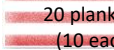
helping YOU create YOUR healthy lifestyle:  
spiritually, physically, mentally

LET'S CONNECT



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MON	TUES	WED	THURS	FRI	SAT	SUN
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<p><b>READ:</b> Proverbs 10:26</p> <p><b>PRAY:</b> Lord, I am committed to You and to my health. When it comes to my body, I am my own boss – and I WILL NOT be lazy! AMEN</p>	<p><b>THE GOAL:</b></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 &amp; Instagram and use #KaelaFitCalendar</i></p>					<p>1</p> <p>30 sec. squat hold 30 sec. squat jump</p> <p>5 MINUTES (5 rounds)</p>	<p>2</p> <p><b>*REFUEL*</b></p> <p><input type="checkbox"/> spiritually <input type="checkbox"/> physically <input type="checkbox"/> mentally</p>
	<p>3</p> <p>20 mountain climbers</p> <p>POWER 30</p> <p>REPEAT 3x</p>	<p>4</p> <p> 20 plie squat pulses</p> <p> 20 plank hip dips (10 each side)</p> <p>REPEAT 3x</p>	<p>5</p> <p>100 squats</p> <p>1 min. plank</p>	<p>6</p> <p>30 jumping jacks</p> <p>10 squat leg lifts (5 each side)</p> <p>REPEAT 3x</p>	<p>7</p> <p>8 squat jumps</p> <p>10 standing twists</p> <p>REPEAT 3x</p>	<p>8</p> <p>30 sec. squat hold 30 sec. squat jump</p> <p>5 MINUTES (5 rounds)</p>	<p>9</p> <p><b>*REFUEL*</b></p> <p><input type="checkbox"/> spiritually <input type="checkbox"/> physically <input type="checkbox"/> mentally</p>
<p><b>READ:</b> Proverbs 25:28</p> <p><b>PRAY:</b> Lord, please remind me when I start to lose control of my emotions. I will not let my emotions rob me of being productive. I am worth this commitment! AMEN</p>	<p>10</p> <p>20 plie squat pulses</p> <p>20 jumping jacks</p> <p>REPEAT 3x</p>	<p>11</p> <p>20 mountain climbers</p> <p>20 seated twists (10 each side)</p> <p>REPEAT 3x</p>	<p>12</p> <p>8 squat jumps</p> <p>10 standing twists</p> <p>REPEAT 3x</p>	<p>13</p> <p>100 squats</p> <p>1 min. plank</p>	<p>14</p> <p>30 jumping jacks</p> <p>POWER 30</p> <p>REPEAT 3x</p>	<p>15</p> <p>30 sec. squat hold 30 sec. squat jump</p> <p>5 MINUTES (5 rounds)</p>	<p>16</p> <p><b>*REFUEL*</b></p> <p><input type="checkbox"/> spiritually <input type="checkbox"/> physically <input type="checkbox"/> mentally</p>
	<p>17</p> <p>20 plie squat pulses</p> <p>10 squat leg lifts (5 each side)</p> <p>REPEAT 3x</p>	<p>18</p> <p>8 squat jumps</p> <p>10 standing twists</p> <p>REPEAT 3x</p>	<p>19</p> <p>100 squats</p> <p>1 min. plank</p>	<p>20</p> <p>POWER 30</p> <p>20 plank hip dips (10 each side)</p> <p>REPEAT 3x</p>	<p>21</p> <p>10 squat leg lifts (5 each side)</p> <p>20 seated twists (10 each side)</p> <p>REPEAT 3x</p>	<p>22</p> <p>30 sec. squat hold 30 sec. squat jump</p> <p>5 MINUTES (5 rounds)</p>	<p>23</p> <p><b>*REFUEL*</b></p> <p><input type="checkbox"/> spiritually <input type="checkbox"/> physically <input type="checkbox"/> mentally</p>
<p><b>READ:</b> Ecclesiastes 6:9</p> <p><b>PRAY:</b> Lord, you have given me specific and unique gifts. My desire is to use them for Your glory. I am committed to this temple being the best – for YOU! AMEN</p>	<p>24 &amp; 31 ☺</p> <p>20 mountain climbers</p> <p>20 plank hip dips (10 each side)</p> <p>REPEAT 3x</p>	<p>25</p> <p>10 squat leg lifts (5 each side)</p> <p>30 sec. squat hold</p> <p>REPEAT 3x</p>	<p>26</p> <p>20 plie squat pulses</p> <p>20 seated twists (10 each side)</p> <p>REPEAT 3x</p>	<p>27</p> <p>100 squats</p> <p>1 min. plank</p> <p>REPEAT 3x</p>	<p>28</p> <p>30 jumping jacks</p> <p>POWER 30</p> <p>REPEAT 3x</p>	<p>29</p> <p>30 sec. squat hold 30 sec. squat jump</p> <p>5 MINUTES (5 rounds)</p>	<p>30</p> <p><b>*REFUEL*</b></p> <p><input type="checkbox"/> spiritually <input type="checkbox"/> physically <input type="checkbox"/> mentally</p>
	<p><b>READ:</b> Lamentation 3:23</p> <p><b>PRAY:</b> Lord, thank you for another day; a new morning; a fresh start. I will refresh my mind and my body. Yesterday is gone. Today is fresh. Let's go! AMEN</p>	<p><b>READ:</b> James 3:16</p> <p><b>PRAY:</b> Lord, you made me ME! I work hard to be ME, and You get the glory! I will not compare myself to others (physically, spiritually, and mentally) because I am ME! AMEN</p>					