



kaela fit August

spiritually
physically
mentally

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: Proverbs 3:27</p> <p>PRAY: Lord, thank You for all the abilities you have given me. As I start this new month, I pray that I lead by example and inspire others. AMEN</p>	<p>"It doesn't take EVERYTHING, but it does take SOMETHING." -Kaela</p>	<p>1 10 pop-squats 10 push-ups REPEAT 3x</p>	<p>2 20 ice skaters 20 shoulder taps REPEAT 3x</p>	<p>3 100 squats 30 push-ups</p>	<p>4 20 bicycle crunches 20 mountain climbers REPEAT 3x</p>	<p>5 CHALLENGE Complete EACH exercise from the WEEK!</p>	<p>6 *REFUEL* <input type="checkbox"/> spiritually <input type="checkbox"/> physically <input type="checkbox"/> mentally</p>
<p>READ: Philippians 3:13</p> <p>PRAY: Lord, I am looking ahead. I am no longer worried about yesterday, last week, or last year. My goals are ahead of me. I am pushing toward my purpose. AMEN</p>	<p>7 20 ice skaters 10 hip thrusters REPEAT 3x</p>	<p>8 100 squats 30 push-ups</p>	<p>9 20 bent over twists 20 high knees REPEAT 3x</p>	<p>10 5 burpees 10 squat kick-backs (5 each side) REPEAT 3x</p>	<p>11 10 plank (out/in) 10 hip thrusters REPEAT 3x</p>	<p>12 CHALLENGE Complete EACH exercise from the WEEK!</p>	<p>13 *REFUEL* <input type="checkbox"/> spiritually <input type="checkbox"/> physically <input type="checkbox"/> mentally</p>
<p>READ: Romans 12:1-2</p> <p>PRAY: Lord, I thank You for Your Holy Spirit. I am committed to renew my mind DAILY. I believe Your Word and Your promises. I will continue to push forward. AMEN</p>	<p>14 10 pop-squats 20 shoulder taps REPEAT 3x</p>	<p>15 20 mountain climbers 10 squat kick-backs (5 each side) REPEAT 3x</p>	<p>16 20 ice skaters 20 bicycle crunches REPEAT 3x</p>	<p>17 20 bent over twists 20 high knees REPEAT 3x</p>	<p>18 100 squats 30 push-ups</p>	<p>19 CHALLENGE Complete EACH exercise from the WEEK!</p>	<p>20 *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 still going! I will not give up. It gets tough sometimes and I feel weak, but I keep fighting. Your purpose and Your promise for me is great. I won't quit. AMEN</p>	<p>21 5 burpees 10 plank (out/in) REPEAT 3x</p>	<p>22 20 ice skaters 10 bicycle crunches REPEAT 3x</p>	<p>23 10 pop-squats 20 bent over twists REPEAT 3x</p>	<p>24 100 squats 30 push-ups</p>	<p>25 5 burpees 20 shoulder taps REPEAT 3x</p>	<p>26 CHALLENGE Complete EACH exercise from the WEEK!</p>	<p>27 *REFUEL* <input type="checkbox"/> spiritually <input type="checkbox"/> physically <input type="checkbox"/> mentally</p>
<p>READ: Ephesians 5:15-16</p> <p>PRAY: Lord, I thank You for each and every day. I am going to make the most of each moment. I have work to do. My health is important. I am committed. AMEN</p>	<p>28 10 squat kick-backs (5 each side) 10 plank (out/in) REPEAT 3x</p>	<p>29 5 burpees 10 hip thrusters REPEAT 3x</p>	<p>30 100 squats 30 push-ups</p>	<p>31 20 ice skaters 20 mountain climbers ☺ REPEAT 3x</p>	<p>THE GOAL: *Move DAILY. No excuses. 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 *TAG @kaela fit on Facebook & Instagram and use #KaelaFitCalendar</p>		