



kaela fit **October** 2017

spiritually
physically
mentally

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: John 4:34</p> <p>PRAY: Lord, thank You for Your will. I pray that I never give up. I will find my strength and my nourishment in You and in Your Word. AMEN</p>	<p>2</p> <p>10 push-ups</p> <p>30 sec. mountain climbers</p> <p>REPEAT 3x</p>	<p>3</p> <p>30 jumping jacks</p> <p>20 plank knee taps (10 each side)</p> <p>REPEAT 3x</p>	<p>4</p> <p>30 sec. plank</p> <p>30 sec. hip thrusters</p> <p>REPEAT 3x</p>	<p>5</p> <p>30 sec. squats</p> <p>30 sec. squat hold</p> <p>REPEAT 3x</p>	<p>6</p> <p>5k Friday</p>	<p>7</p> <p>5 MIN. CHALLENGE</p> <p>20 squats</p> <p>5 push-ups</p> <p>Every minute on the minute for 5 minutes!</p>	<p>8</p> <p>*REFUEL*</p> <p><input type="checkbox"/> spiritually</p> <p><input type="checkbox"/> physically</p> <p><input type="checkbox"/> mentally</p>
<p>READ: 1 Corinthians 6:20</p> <p>PRAY: Lord, You are amazing. I am committed to my health and to this journey. I desire to be the best I can be in my body – all for Your glory. AMEN</p>	<p>9</p> <p>100 squats</p> <p>30 push-ups</p>	<p>10</p> <p>20 plank knee taps (10 each side)</p> <p>20 mountain climbers</p> <p>REPEAT 3x</p>	<p>11</p> <p>10 push-ups</p> <p>30 sec. plank</p> <p>REPEAT 3x</p>	<p>12</p> <p>20 jumping jacks</p> <p>10 leg raises</p> <p>REPEAT 3x</p>	<p>13</p> <p>5k Friday</p>	<p>14</p> <p>5 MIN. CHALLENGE</p> <p>20 squats</p> <p>5 push-ups</p> <p>Every minute on the minute for 5 minutes!</p>	<p>15</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 17:20</p> <p>PRAY: Lord, I thank You for always having my back even when I struggle. I am blessed. I am strong. I will be cheerful and encouraging to others and to myself. AMEN</p>	<p>16</p> <p>10 squats</p> <p>20 plank knee taps (10 each side)</p> <p>REPEAT 3x</p>	<p>17</p> <p>20 mountain climbers</p> <p>20 hip thrusters</p> <p>REPEAT 3x</p>	<p>18</p> <p>30 sec. squats</p> <p>30 sec. push-ups</p> <p>REPEAT 3x</p>	<p>19</p> <p>100 squats</p> <p>1 min. plank (break as needed but compete 1 minute)</p>	<p>20</p> <p>5k Friday</p>	<p>21</p> <p>5 MIN. CHALLENGE</p> <p>20 squats</p> <p>5 push-ups</p> <p>Every minute on the minute for 5 minutes!</p>	<p>22</p> <p>*REFUEL*</p> <p><input type="checkbox"/> spiritually</p> <p><input type="checkbox"/> physically</p> <p><input type="checkbox"/> mentally</p>
<p>READ: John 4:10</p> <p>PRAY: Lord, I thank You for every gift in me. I pray that I use my gifts and talents all for Your glory. I will continue to get healthier so that I can do Your will better. AMEN</p>	<p>23</p> <p>20 plank knee taps (10 each side)</p> <p>20 mountain climbers</p> <p>REPEAT 3x</p>	<p>24</p> <p>20 plank knee taps (10 each side)</p> <p>30 jumping jacks</p> <p>REPEAT 3x</p>	<p>25</p> <p>100 squats</p> <p>1 min. plank (break as needed but complete 1 minute)</p>	<p>26</p> <p>30 sec. squats</p> <p>30 sec. push-ups</p> <p>REPEAT 3x</p>	<p>27</p> <p>5k Friday</p>	<p>28</p> <p>5 MIN. CHALLENGE</p> <p>20 squats</p> <p>5 push-ups</p> <p>Every minute on the minute for 5 minutes!</p>	<p>29</p> <p>*REFUEL*</p> <p><input type="checkbox"/> spiritually</p> <p><input type="checkbox"/> physically</p> <p><input type="checkbox"/> mentally</p>
<p>READ: 1 Thessalonians 5:11</p> <p>PRAY: Lord, I thank you for my friends. As they encourage me in this journey, I will inspire and motivate them as well. AMEN</p>	<p>30</p> <p>30 jumping jacks</p> <p>30 sec. squat hold</p> <p>REPEAT 3x</p>	<p>31</p> <p>30sec. mountain climbers</p> <p>30sec. plank</p> <p>REPEAT 3x</p>	<p>THE GOAL:</p> <p><i>*Move DAILY. No excuses. Create YOUR lifestyle! Read...Pray...Exercise – DAILY!</i></p> <p><i>*Incorporate God's Word and prayer into your daily healthy lifestyle.</i></p> <p><i>*On Sunday, refuel yourself spiritually, physically, and mentally</i></p> <p>*TAG @kaela fit on Facebook & Instagram and use #KaelaFitCalendar</p> <p>*5k Friday: 5k = 3.11 miles → Walk, run, jog, skip – whatever you need to do, get out there and complete it</p>				