ANNswers Need Help? Call Kimberly - Christian Wellness Lifestyle Coach 608-487-4879



Family Fitness Quest - 21 Day Challenge

Identity Chilipman Welliess Encourse Coach C		,,	, (
or kimberly_annswers@yahoo.com www.faithcentered fitness.com	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
1. Pray/Read Scripture	/																				
2. Get 8-10 hours Sleep	/																				
3. Rest in Stress (Cast your cares for He Cares For You!)	/										1										
4. Recreate (Have a little healthy fun.)																					
5. Exercise Cardio	30 Min.																				
Strength	30 Min.																				
Stretch	20 Min.																				
6. Nutrition Water 64. oz.	64 oz.																				
Fruits 2-3	2							9													
Veggies 5-7	6																				
Lean Protein 4-5	4																				
7. Random Acts of Kindness (or on purpose)	helped sister opened door made driner for mom shoveled q-ma's walk																				