Use this quick-reference guide to complete the activities for this day’s challenge.

**Get Ready**

*Warm up with 20 Jumping Jacks + 20 High kicks*

**Get Set**

Watch the exercise videos to learn proper form for the activities on the fitness test. Walk in place while the videos play.

**Fitness Test**

*Count and record how many of each activity is done in 1 minute. For the plank, record how long you are able to hold it. Use the Activity Trackers to keep a record and compare to how you do on the same activities on Day 8.*

- Push-ups
- Sit-ups
- Squats
- Jumping jacks
- Burpees
- Lunges
- Hold a plank (seconds)

**Inspire Courage**

Watch the inspirational video (posted on the website or available on YouTube), then use the study guide to have a conversation. If doing this program on your own, use a journal (paper or digital) to process the questions and thoughts. If as a group, use the sections that are most meaningful to the group to fit in your timeframe.

**Cardio Think**

*1 mile walk or run*

After the workout and devotional study, take a walk or run. It can be done at another time of day if needed. This is a great opportunity to think about the devotional study and personal health goals.

Be sure to drink plenty of fluids, stretch, and get rest before tomorrow’s activity!

www.NADhealth.org/healthyYOU