



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!

