

WEEK 1

Check in with the "Spiritual Exercise"
(Monday only)

M-F

1- *10 Minute Solution* 10 minute workout

1- 10 minute dance party session

1- 10 minute worship workout

S-S

20- sit ups

20- push ups

Drink at least 1 cup of water

Check in with Angie (at least once a week)

S M T W T F S

"I can do all
things through
Christ who
strengthens me."

-Philippians 4:13-

WEEK 2

Check in with the "Spiritual Exercise"
(Monday only)

M-F

2- *10 Minute Solution* 10 minute workout

1- 10 minute dance party session

1- 10 minute worship workout

S-S

30- sit ups

30- push ups

Drink at least 1 cup of water

Check in with Angie (at least once a week)

S M T W T F S

"I can do all
things through
Christ who
strengthens me."

-Philippians 4:13-

WEEK 3

Check in with the "Spiritual Exercise"
(Monday only)

M-F

2- *10 Minute Solution* 10 minute workout

2- 10 minute dance party session

1- 10 minute worship workout

S-S

40- sit ups

40- push ups

Drink at least 2 cups of water

Check in with Angie (at least once a week)

S M T W T F S

"I can do all
things through
Christ who
strengthens me."

-Philippians 4:13-

WEEK 4

Check in with the "Spiritual Exercise"
(Monday only)

M-F

2- *10 Minute Solution* 10 minute workout

2- 10 minute dance party session

2- 10 minute worship workout

S-S

50- sit ups

50- push ups

Drink at least 2 cups of water

Check in with Angie (at least once a week)

S M T W T F S

"I can do all
things through
Christ who
strengthens me."

-Philippians 4:13-

WEEK 5

Check in with the "Spiritual Exercise"
(Monday only)

M-F

- 3- 10 Minute Solution 10 minute workout
- 2- 10 minute dance party session
- 2- 10 minute worship workout

S-S

- 60- sit ups
- 60- push ups

Drink at least 3 cups of water

Check in with Angie (at least once a week)

S M T W T F S

"I can do all things through Christ who strengthens me."

-Philippians 4:13-

WEEK 6

Check in with the "Spiritual Exercise"
(Monday only)

M-F

- 3- 10 Minute Solution 10 minute workout
- 3- 10 minute dance party session
- 2- 10 minute worship workout

S-S

- 70- sit ups
- 70- push ups

Drink at least 3 cups of water

Check in with Angie (at least once a week)

S M T W T F S

"I can do all things through Christ who strengthens me."

-Philippians 4:13-

WEEK 7

Check in with the "Spiritual Exercise"
(Monday only)

M-F

- 3- 10 Minute Solution 10 minute workout
- 3- 10 minute dance party session
- 3- 10 minute worship workout

S-S

- 80- sit ups
- 80- push ups

Drink at least 4 cups of water

Check in with Angie (at least once a week)

S M T W T F S

"I can do all things through Christ who strengthens me."

-Philippians 4:13-

WEEK 8

Check in with the "Spiritual Exercise"
(Monday only)

M-F

- 4- 10 Minute Solution 10 minute workout
- 3- 10 minute dance party session
- 3- 10 minute worship workout

S-S

- 90- sit ups
- 90- push ups

Drink at least 4 cups of water

Check in with Angie (at least once a week)

S M T W T F S

"I can do all things through Christ who strengthens me."

-Philippians 4:13-

