|  |
| --- |
| **MARCH 2025 F.A.I.T.H. Challenge**   |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| OUR FAITH CAN MOVE MOUNTAINS!!!Matthew 17:20 |  **1*** **First Weigh In (Option A)**
* **Attend Kickoff**

 |
| **2** | **3** | **4** | **5** | **6** | **7** | **8** |
| * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Weekly Weigh In (Option B)**
* **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Weekly Weigh In (Option A)**
* **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 |
| **9** | **10** | **11** | **12** | **13** | **14** | **15** |
| * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Weekly Weigh In (Option B)**
* **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Weekly Weigh In (Option A)**
* **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 |
| **16** | **17** | **18** | **19** | **20** | **21** | **22** |
| * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Weekly Weigh In (Option B)**
* **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Weekly Weigh In (Option A)**
* **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 |

|  |
| --- |
| **MARCH 2025 F.A.I.T.H. Challenge**   |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **23** | **24** | **25** | **26** | **27** | **28** | **29** |
| * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Weekly Weigh In (Option B)**
* **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Weekly Weigh In (Option A)**
* **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 |
| **30** | **31** | **Notes:**  |
| * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 |

|  |
| --- |
| **April 2025 F.A.I.T.H. Challenge**   |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  |  | **1** | **2** | **3** | **4** | **5** |
|  |  | * **Weekly Weigh In (Option B)**
* **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Weekly Weigh In (Option A)**
* **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 |
| **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Weekly Weigh In (Option B)**
* **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Weekly Weigh In (Option A)**
* **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 |
| **13** | **14** | **15** | **16** | **17** | **18** | **19** |
| * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Weekly Weigh In (Option B)**
* **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Weekly Weigh In (Option A)**
* **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 |

|  |
| --- |
| **April 2025 F.A.I.T.H. Challenge**   |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **20** | **21** | **22** | **23** | **24** | **25** | **26** |
| * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Weekly Weigh In (Option B)**
* **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **Devotion/Prayer**
* **Exercise (30 mins)**
* **Sleep Amount (7+hrs)**
* **Food Diary/App**
* **Water Intake (8 cups or more)**
* **Blood Pressure (Less than 130/80)**
* **Stress Level (1-4)**
 | * **FINAL WEIGH IN**
 |

