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| **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)** |

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| **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)** |

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| **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)** |

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| **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** |

