

21 Day Challenge for Life

by Bruce Edwards



shape up for life - spirit ~ soul ~ body

21 Day Shape Up for Life Challenge

ISBN

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Tulsa, Oklahoma

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THE CHALLENGE

Shape Up For Life

spirit - soul - body

You can be in better shape spirit, soul and body in 21 days. God has a life for you to live, a life with a purpose and destiny. In order for you to maximize your God given potential and fulfill God's purpose for your life you need to be healthy and whole.

You are a three part being - spirit, soul and body. (1Thes. 5:23) Your spirit is the real you. It is the part of you that is in contact with God. God speaks to you through your spirit. It is important to grow spiritually and to stay strong spiritually.

Your soul is made up of your will, emotions and intellect. It needs to be changed and sanctified. James 1:21 says, "lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls." Notice when you receive the implanted word of God it is able to save your soul. This is not talking about being born again. This is referring to getting your soul transformed after you become born again spiritually. Your soul needs to get in shape by renewing your mind with the Word of God.

Your body is your flesh. It is your "earth suit", how you live in this world and contact this world. When you die your body ceases to exist but your spirit and soul continue to exist. It is important to keep your body healthy and your flesh held under control. Your flesh wants to rule and dominate your life through the senses, what you see, hear, smell, taste and feel. We need to be good stewards of the body God has given us by keeping it in shape and the flesh under control with the right diet and exercise. The Word tells us we need to present our bodies a living sacrifice. (Romans 12:2)

So, why not take this 21 day challenge to shape up - spirit, soul and body and live the abundant life God has ordained for you!

This 21 day challenge addresses all three parts and there are three different levels of protocol you can select from for each part:

- **The Beginner level**
- **The Intermediate level**
- **The Advanced level**

Select the level you are going to commit to, during this 21 day challenge, for all three areas - spirit, soul, and body. You can select a different level for each area. For example you may want to select the 21 day beginner level for the body and the advanced level for both the spirit and soul. You decide which level you can commit to and choose that level.

Each area and each level consist of a specific protocol for “diet” and for “exercise“. All three areas need the proper nutrition and need to be strengthened and disciplined. The 21 Day Challenge works on each of these in all three parts for each level.

The protocol for each level has been purposefully made simple so you can achieve them and complete them. If you want to add to or increase the intensity or content of any of them great, just write them in the margin and make sure to commit to it for the next 21 days. Use the 21 Day Tracking Chart on the last page to monitor your progress through the 21 days.

If you're ready lets get started.

SHAPE UP THE SPIRIT

Every Christian needs to grow spiritually. We are a work in process. God is not finished with any of us yet. The good news is everyone can grow if they allow God to work in them and are willing to apply the principles of growth to their life.

The first, is proper spiritual nutrition. "As newborn babes, desire the pure milk of the word, that you may grow thereby." (1 Peter 2:2) Jesus reminds us, "Man shall not live by bread alone, but by every word that proceeds from the mouth of God." (Matthew 4:4)

We cannot grow spiritually without feeding on God's Word.

The second, is the proper spiritual exercise. "Train yourself for spiritual fitness" (1 Timothy 4:7) We must be doers of the Word - putting into action what the Word instructs. If you are going grow spiritually you will have to practice the Word.

By definition, growth requires TIME. The 21 Day Challenge for Life is just a start. Spiritual growth is a process that takes time. So, get started by selecting the level that best fits where you are in your spiritual process of growth.

Check One

Beginner Level

Bible Reading - Read one chapter of the Gospel of John each day.

Prayer - Pray the Ephesians Prayers each day.
(see appendix 1)

Faith Builder - Memorize the following three verses/one each week
Week 1 - Hebrews 4:12
Week 2 - Isaiah 55:11
Week 3 - Hebrews 11:6

Faith in Action - Week One - write your personal testimony - one paragraph that tells how you got saved.
Week Two - share your personal testimony with someone.
Week Three - invite someone to church with you

Intermediate Level

Bible Reading - Read one chapter of the Gospel of John and one and a half chapters of Proverbs each day.

Prayer - Pray the Ephesians Prayers and then pray for others

(family,city,nation,church, etc) for 5 minutes each day.

Faith Builder -

Memorize the following 6 verses/2 each week.

Week 1 - Heb.4:12 - Is.55:11

Week 2 - John 1:1 -Heb. 11:6

Week 3 - Psalms119:11 - Rom.10:17

Faith in Action-

Week one - make a list of 5 people you know need the Lord or they are away from the Lord or they are in a dark place at the moment and pray for them.

Week Two- Do something this week that will bring a little bit of light into their life. For example, send them an encouraging text or email, or call them to let them know you have been praying for them, or invite them to coffee or lunch.

Week Three - invite all of them who can to go with you to church this week.

□ **Advanced Level**

Bible Reading -

Read one chapter of John, one and a half chapters of proverbs and one chapter of Romans the first 16 days and one chapter of 1 Peter the last 5 days

Prayer -

Pray the Ephesians Prayers each day(see appendix I) and continue to pray for at least 15 minutes or more. You can use the A.C.T.S. model -

Adoration - praising & worshiping God for who He is

Confession - asking and receiving Gods cleansing by the blood of Jesus.

Thanksgiving - acknowledging God for all His blessings

Supplication - asking God for our specific needs

Faith Builder -

Memorize the following nine verses/three each week

Week 1 - Heb.4:12 - Is.55:11 - Jer.1:12

Week 2 - John 1:1 - Ps. 119:11- 2Cor. 4:13

Week 3 - Heb.11:6 - Mk.11:22-23 - Rom.10:17

Faith in Action -

Week one - **First**, write your personal testimony of how you got saved in one paragraph.

Second - make a list of 10 people you know need the Lord or they are away from the Lord or they are in a dark place at the moment and pray for them.

Week Two- share your personal testimony with

someone.

Now do something this week that will bring a little bit of light into their life. For example, send them an encouraging text or email, or call them to let them know you have been praying for them, or invite them to coffee or lunch

Week Three - invite all of them who can, to go with you to church this week.

SHAPE UP THE SOUL

Romans 12:2 tells us, “And do not be conformed to this world, but be **transformed** by the **renewing of your mind**, that you may prove what is that good and acceptable and perfect will of God.” Notice the way your soul is transformed, it is by the renewing of your mind.

The soul wants to control your life by having its will carried out based upon your emotions and reason. Proverbs 3:5-6 says, “Trust in the Lord with all your heart, And **lean not on your own understanding**; In all your ways acknowledge Him, And He shall direct your paths.”

We cannot trust our own will, emotions and thinking unless they have been transformed - changed with the Word of God. There are beliefs, mindsets, ways of thinking and habits contrary to the Word of God that develop over the years. They need to be changed.

Science tells us it takes 21 days to change and/or establish a new habit. The 21 day challenge is designed to help you transform your soul by renewing your mind with the Word and change your thinking.

Your thinking leads to your believing and your believing leads to your behavior. So, select the level that best fits where you are and begin the process of transformation.

❑ **Beginner Level -**

- Mind Renewer - Take Joshua 1:8 and the 21 verses from the Renew the Mind Verses list - appendix III and meditate - read them, speak them, think about as many you can for 1 minute each day.
- Daily Confessions - Each day confess one of the “Who You Are in Christ Confessions (appendix II) start with the first one and each day do the next. There are 21 verses one for each day.
- Exercises -
 - Rejoice - For 1 minute everyday worship the Lord with joy.
 - Give Thanks - For 1 Minute everyday thank the Lord for all the blessings He has given you.
 - Pray in the Spirit - for 1 minutes each day

❑ **Intermediate Level**

Mind Renewer - Take Joshua 1:8 and the 21 verses from the Renew the Mind Verses list - appendix III and meditate - read them, speak them, think about as many you can for 3 minute each day.

Daily Confessions - Using the “Who You Are in Christ Confessions” (appendix II)

Week 1 - Confess out loud 1-7 each day

Week 2 - Confess out loud 8- 14

Week 3 - Confess out loud 15-21

Exercises - Rejoice - For 3 minutes everyday worship the Lord with joy.
Give Thanks - For 3 minutes everyday thank the Lord for all the blessings in your life.
Pray in the Spirit - for 3 minutes each day

❑ **Advanced Level**

Mind Renewer - Take Joshua 1:8 and the 21 verses from the Renew the Mind Verses list - appendix III and meditate - read them, speak them, think about as many you can for 5 minute each day.

Daily Confessions - Confess out loud all 21 “Who You Are in Christ Confessions” (appendix II) each day

Exercises - Rejoice - For 5 minutes everyday worship the Lord with joy.
Give Thanks - For 5 minutes everyday thank the Lord for all the blessings in your life.
Pray in the Spirit - for 5 minutes each day.

SHAPE UP THE BODY

Your body is the temple of the Holy Spirit. (1 Corinthians 6:1) You have a responsibility to properly take care of the “temple” your body. “Therefore honor God with your body.” (1 Corinthians 6:20)

We should take care of our bodies in such a way that we can reach our fullest potential and purpose, which is to honor God. Your body was created for one purpose – to honor and to glorify God. That means where you take it, how you treat it, what you put in it and what you do with it is all to glorify Him. So, select the level that best fits where you are physically and shape up!

Beginner Level -

- Stretching - Monday - Wednesday - Friday
Do the 5 minute stretching routine (appendix IV) 3 days each week and balancing exercise.
- Strengthening - Tuesday - Thursday - Saturday
Do the 4 Isometric exercises (appendix II) 3 day days each week.
- Aerobic - Get moving more. Look for opportunities to increase your activity level. When you go to the store, work, church, etc park in the outer parking lot, take the stairs when possible.
- Fasting - Select one day to fast your evening meal and anything to eat until breakfast the next morning. Do the same day each week.
- Diet -
 - 1) Drink 8 glasses of water each day
 - 2) Start eating 5 meals a day - (breakfast is a must)
 - 3) Reduce the serving size of everything you eat by 50%

Intermediate Level

- Stretching - Monday - Wednesday - Friday
Do the 5 minute stretching routine (appendix IV) these 3 days each week and balancing exercise.

- Strengthening - Tuesday - Thursday - Saturday
Do **3 sets** of the 4 Isometric exercises (appendix II) these 3 days each week.
- Aerobic - Get moving more. Walk 20 minutes three days each week and look for opportunities to increase your activity level. When you go to the store, work, church, etc park in the outer parking lot, take the stairs when possible.
- Fasting - Select your favorite food or type of food that you usually eat nearly every day and fast it for 21 days. For example - sweets, or fried foods, or cereals, or breads, etc. or an choose an individual item like ice cream, or sodas, or coffee, etc.
- Diet -
- 1) Drink 8 glasses of water each day
 - 2) Start eating 5 meals a day - (breakfast is a must)
 - 3) Reduce the serving size of everything you eat by 50%

☐ Advanced Level

- Stretching - Monday - Wednesday - Friday
Do the 5 minute stretching routine (appendix IV) 3 days each week and balancing exercise.
- Strengthening - Tuesday - Thursday - Saturday
Do the following exercises-
- 1) 20 push ups - everybody knows how to do push ups
 - 2) 25 sit ups - yes 25 sit ups
 - 3) 10 - Squats - Stand straight feet about shoulders width apart and allow your body to sink towards the ground as if you were sitting in a chair. Once your thighs become parallel to the floor, use the muscles of your lower body to push yourself back up to the starting position
 - 4) 10 Front Lunges each leg - Stand with your feet shoulder width apart and hands on hips. Keeping back straight, take a large step forward with the right foot so the knee is bent 90 degrees and the thigh is parallel to the floor. Keep your knee centered over your foot. Push off the right foot to return to the starting position. Do it 10

- times then repeat with left leg.
- 5) 10 Leg Lifts - lay flat on your back with your legs stretched out in front of you bend your legs and raise them, keeping your toes pointed. Straighten your legs so that they're pointed at the ceiling Slowly lower your legs to about an inch off the floor. Slowly raise your legs back up to the ceiling.
 - 6) 10 Crunches - Lie on your back with your knees bent and feet flat on the floor, hip-width apart. Place your hands behind your head so your thumbs are behind your ears. Tilt your chin slightly, leaving a few inches of space between your chin and your chest. Curl up and forward so that your head, neck, and shoulder blades lift off the floor. Hold for a moment at the top of the movement and then lower slowly back down.
 - 7) 10 Calf Raises - stand up straight and rise up on your toes then back down

- Aerobic - Get moving more. Walk 40 minutes at a brisk pace three days per week. Look for opportunities to increase your activity level. When you go to the store, work, church, etc park in the outer parking lot, take the stairs when possible.
- Fasting - Fast 24 hours starting after your evening meal the first day of the challenge and then select one day other than the first day of the challenge to fast your evening meal and anything to eat until breakfast the next morning. Do it the same day the next two weeks.
- Diet -
- 1) Drink 8 glasses of water each day
 - 2) Start eating 5 meals a day - (breakfast is a must)
 - 3) Reduce the serving size of everything you eat by 50%.

Appendix I

PERSONALIZED EPHESIANS PRAYERS

Ephesians 1:17-23

17 I pray, Father, that You, the God of our Lord Jesus Christ, the Father of Glory, will grant me a spirit of wisdom and revelation-of insight into mysteries and secrets- in the deep and intimate knowledge of You, 18 By having the eyes of my heart flooded with light, so that I can know and understand the hope to Which You have called me, and how rich is Your glorious inheritance in the saints-Your set-apart ones.19 And so that I may know and understand what is the immeasurable and unlimited and surpassing greatness of Your power in and for me who believes, as demonstrated in the working of your mighty strength,20 which You, Father, exerted in Christ when You raised Him from the dead and seated Him at Your own right hand in the heavenly places,21 Far above all rule and authority and power and dominion, and every name that is named-above every title that can be conferred- not only in this age and in this world, but also in the age and the world which are to come.22 And You, Father, have put all things under His feet and have appointed Him the universal and supreme Head of the Church (a headship exercised throughout the Church),23 Which is His body, The fullness of Him Who fills all in all- for in that body lives the full measure of Him Who makes everything complete, and Who fills everything everywhere with Himself.

Ephesians 3:14-21

14 For this reason, seeing the greatness of this plan by which I am built together in Christ, I bow my knees before You, Father, the Father of my Lord and Savior Jesus Christ, 15 For Whom every family in Heaven and on Earth is named- that Father from Whom all fatherhood takes its title and derives its name. 16 May You grant unto me out of the rich treasury of Your glory to be strengthened and reinforced with mighty power in the inner man by the Holy Spirit Himself- indwelling my innermost being and personality. 17 May Christ through my faith actually dwell - settle down, abide, make His permanent home - in my heart! May I be rooted deep in love and founded securely on love, 18 That I may have the power and be strong to apprehend and grasp with all the saints, Your devoted people, the experience of that love, what is the breadth, and length and height and depth of it; 19 That I may really come to know- practically, through experience for myself- the love of Christ, which far surpasses mere knowledge (without experience); and that I may be filled (through all my being) unto all the fullness of You, Father- that I may have the richest measure of the Divine Presence, and become a body wholly filled and flooded with You Yourself! 20 Now to You, Father, Who by (in consequence of) the action of Your power that is at work within me, is able to carry out Your purpose and do superabundantly far over and above all that I dare ask or think - infinitely beyond my highest prayers, desires, thoughts, hopes, or dreams- 21 To You, Father, be Glory in the Church and in Christ Jesus throughout all generations, for ever and ever. Amen- so be it.

Appendix II

WHO YOU ARE IN CHRIST CONFESSIONS

1. *I am* a new creation in Christ (II Corinthians 5:17).
2. *I am* forgiven of all my sins and washed in the Blood (Ephesians 1:7).
3. *I am* the righteousness of God in Jesus Christ (II Corinthians 5:21).
4. *I am* complete in Him Who is the Head of all principality and power (Colossians 2:10).
5. *I am* part of a chosen generation, a royal priesthood, a holy nation, a purchased people (I Peter 2:9).
6. *I am* the temple of the Holy Spirit; *I am* not my own (I Corinthians 6:19).
7. *I am* an ambassador for Christ (II Corinthians 5:20).
8. *I am* redeemed from the curse of sin, sickness, and poverty (Galatians 3:13;
9. *I am* raised up with Christ and seated in heavenly places (Colossians 2:12;
10. *I am* born of God, and the evil one does not touch me (I John 5:18).
11. *I am* a doer of the Word and blessed in my actions (James 1:22,25).
12. *I am* a joint-heir with Christ (Romans 8:17).
13. *I am* free from the law of sin and death (Romans 8:2).
14. *I am* part of a chosen generation, a royal priesthood, a holy nation, a purchased people (I Peter 2:9).
15. *I am* delivered from the power of darkness. (Colossians 1:13).
16. *I am* healed by the stripes of Jesus (I Peter 2:24; Isaiah 53:5).
17. *I am* God's workmanship, created in Christ unto good works (Eph. 2:10).
18. *I have* the mind of Christ (Philippians 2:5; I Corinthians 2:16).
19. *I have* the peace of God that passes all understanding (Philippians 4:7).
20. *I have* no lack for my God supplies all of my need according to His riches in glory by Christ Jesus (Philippians 4:19).
21. *I can* do all things through Christ Jesus (Philippians 4:13).

Appendix III

RENEW THE MIND VERSES

Joshua 1:8 says, "The Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success."

One of the most effective ways to renew your mind with the Word of God is to take key scriptures and meditate on them twice a day. Meditate means to focus ones attention intently, reflecting, thinking on, pondering, and weighing the verse or verses you are reading.

The following are 21 verses to meditate on during the 21 Day Challenge for Life.

1. 2 Corinthians 5:17
Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.
2. Philippians 2:5
Let this mind be in you, which was also in Christ Jesus.
3. Romans 12:2
And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.
4. Romans 8:5-6
For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. For to be carnally minded *is* death; but to be spiritually minded *is* life and peace.
5. 2 Corinthians 10:5
Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;
6. 2 Corinthians 4:16
For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.
7. 1 Corinthians 2:16
For who hath known the mind of the Lord, that he may instruct Him? but we have the mind of Christ.

8. Ephesians 4:23-24
And that ye put on the new man, which after God is created in righteousness and true holiness.
9. Colossians 3:10
And have put on the new man, which is renewed in knowledge after the image of Him that created him.
10. Romans 8:5
For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit.
11. 2 Timothy 1:7
For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.
12. Romans 7:23-24
But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my mind, and bringing me into captivity to the law of sin which is in my members. O wretched man that I am! who shall deliver me from the body of this death?
13. 2 Corinthians 11:3
But I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the simplicity that is in Christ.
14. Romans 7:25
I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin.
15. 2 Corinthians 8:11
Now therefore perform the doing of it; that as there was a readiness to will, so there may be a performance also out of that which ye have.
16. Philippians 2:2
Fulfill ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind.
17. 1 Peter 1:13
Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ.

18. Titus 2:6
Young men likewise exhort to be sober minded.
19. Philippians 3:13-14
Brethren, I do not count myself to have apprehended; but one thing *I do*, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus.
20. Romans 8:2
For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death.
21. Philippians 4:6-9
Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.

Appendix IV

5-Minute Stretching Routine Instructions

Stretching Exercise #1: Trunk Twist

This exercise will stretch the core muscle groups in your trunk with a twist. Stand up straight looking forward feet shoulder width apart then -

- Take one arm and reach across your chest. Twist in that direction.
- Drop your other hand and use it to reach behind your back.
- Twist to the other side while switching arm positions.
- Repeat a few times.

Stretching Exercise #2: Shoulder Stretch

Standing straight feet shoulder width apart put both arms behind your back hands clasped. Now lift your hands as high as you can and push your shoulders back as far as you can and hold for a count of 10. Repeat several times.

Stretching Exercise #3: Hamstring Stretch

Sit on the floor legs extended and feet together. Bending forward at the waist extend your arms and hands and touch your toes. To make the stretch more intense, pull your toes towards your body, flex your quads, and reach as far as you can.

Stretching Exercise #4: Lower Back Stretch

Lie down on the floor with your back flat to the floor.

Bend both legs and place your feet flat on the floor.

Extend both arms out to each side of your body.

Now slowly drop (move to the left) both knees toward the floor until you feel the stretch in your lower back.

Hold the stretch for 30 seconds and repeat to the other side.

You can repeat this several times for an awesome stretch in your lower back.

Balancing Exercise

Can you stand on one foot with your eyes closed 15 seconds?

Three days a week stand near a table or counter standing tall and looking straight ahead - stand on one foot with your eyes closed. If you lose balance stabilize yourself using the table or counter near you or open your eyes if you need to. Then do the same on the other foot. Work on this until you can stand on each foot with eyes closed for 15 seconds.

Appendix V

ISOMETERIC WORKOUT

Isometric exercises don't involve joint movement, and they're aimed at strengthening and toning the muscles. Anyone can do these exercises to help improve fitness. This workout only consist of four exercises - for the arms, abdomen, neck and chest. They can be done in a very short period of time.

NECK

With your head and neck in a neutral position (normal position with head erect facing forward), place both of your hands on the front side of your head.

Now gently push forward as you contract the neck muscles but resisting any movement of your head. Start with slow tension and increase slowly. Keep breathing normally as you execute this contraction.

Hold for count of 10. Rest count of 10 and repeat 2 more times.

Repeat with your hands placed on the back side of your head.

CHEST

While either seating or standing, bend your arms at a 90-degree angle and place the palms of your hands together in front of your chest. Push both hands against each other as you contract your chest. Hold for count of 10. Rest count of 10 and repeat 2 more times.

ARMS

Lie face down on the floor in a push up position- palms on the floor even with your shoulders. Now push your self half way up off the floor and hold for count of ten return to the floor for a count of 10 and repeat two more times.

ABDOMEN

Lie on your back face to the ceiling and arms extended down your side palms face down. Now lift your feet 6 inches off the ground and hold for the count of 10 return them to the floor for a count of 10 and repeat two more times

21 Day Challenge for Life - spirit - soul - body - Tracking Chart

Date Begin: _____

Name: _____

Starting Weight _____

Ending Weight _____

DAY ON THE PLAN 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 Comments

- Shape Up the Spirit**
- Bible Reading Completed
 - Prayer Completed
 - Verses Memorization Completed
 - Faith in Action - completed

- Shape Up the Soul**
- Mind Renewer Completed
 - Daily Confessions Completed
 - Rejoiced
 - Gave Thanks
 - Prayed in the Spirit

- Shape Up the Body**
- Stretching Complete - M - W - F
 - Strength Training - T - Th - S
 - Aerobic Training Complete
 - Fasting Completed
 - Diet - Good - Missed it

INSTRUCTIONS:

Put a check mark each day in each category as you complete the plan for that day. Use the chart as a tool to motivate yourself and hold yourself accountable. In the diet line put a "G" if you stayed on the plan, put a "M" if you did not stay on the plan.