

## AUGUST: Walk by The Spirit - Habits & Routines

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|--|--|--|---|--|--|---|
| <p>1</p> <p>WEEK 1: What Habits do you want to break? <a href="#">Habit Loop Webinar &amp; Habit Bible Study</a></p> <p>Sign up for REVWELL TV- It's FREE: I have chosen workouts for us to try!</p> <p>Rest Day</p> | <p>2</p> <p>What Routines or habits are you working on? What are some of your strong routines or habits?</p> <p>Share this week your thoughts and I will statements from the Webinar</p> <p>Tammy's RevX Cardio Core "Trusting His Word" (45:17)</p> | <p>3</p> <p><a href="#">7:15 am Prayer Time</a><br/><a href="#">7:30 am-7:45am Meditation</a></p> <p><a href="#">5:15pm-5:45 pm Workout-Michelle</a></p>   | <p>4</p> <p>Britney's Kickboxing "Through the Wild" (33:32)</p>   | <p>5</p> <p><a href="#">Michelle's Good Body Strength (35:48)</a></p>                        | <p>6</p> <p>Alisa's RevX Agility &amp; Mobility "Battle Belongs to the Lord" (33:43)</p> | <p>7</p> <p><a href="#">7:30 AM Meditation</a><br/><a href="#">7:45 AM Workout (WITH MICHELLE)</a><br/><a href="#">Share goals</a></p>                |
| <p>8</p> <p>WEEK 2: Warrior Challenge is free- <a href="#">SIGN UP HERE</a> - 7 workouts in 7 days</p>   | <p>9</p> <p>Warrior Workout 1</p>  | <p>10</p> <p><a href="#">7:15 am Prayer Time</a><br/><a href="#">7:30 am-7:45am Meditation</a></p> <p><a href="#">5:15pm-5:45 pm Workout-Jennifer</a><br/>Warrior Workout 2</p>  | <p>11</p> <p>Warrior Workout 3</p>  | <p>12</p> <p>Warrior Workout 4</p>   | <p>13</p> <p>Warrior Workout 5</p>   | <p>14</p> <p><a href="#">7:15: Worship</a><br/><a href="#">7:30 AM Meditation</a><br/><a href="#">7:45 AM Workout/Goals</a><br/>Warrior Workout 6</p> |
| <p>15</p> <p>WEEK 3: PHONE FREEDOM <a href="#">SIGN UP HERE</a></p> <p>Warrior Workout 7</p>   | <p>16</p> <p>Michele's Rev on the Mat "Walking in the Healing" (43:30)</p>   | <p>17</p> <p><a href="#">7:15 am Prayer Time</a><br/><a href="#">7:30 am-7:45am Meditation</a></p> <p><a href="#">5:15pm-5:45 pm Workout-Michelle</a></p>  | <p>18</p> <p>Courtney's Drumsticks "Find Joy" (23:29)</p>   | <p>19</p> <p>Heather's Lengthen &amp; Strengthen "A Pruned Life" (36:37)</p>                 | <p>20</p> <p>Jessi's Hip Opener "Release" (36:42)</p>                                    | <p>21</p> <p><a href="#">7:15: Worship</a><br/><a href="#">7:30 AM Meditation</a><br/><a href="#">7:45 AM Workout/Goals</a></p>                       |
| <p>22</p> <p>WEEK 4: 7 Day Clean eating challenge: Pick a plan to do 1- 4 weeks this month (<i>we will start to do this for one week each month as a concentrated reset</i>)</p> <p>Rest Day</p>                     | <p>23</p> <p>Sara's RevX Core Training "Train Endurance" (22:27)</p>   | <p>24</p> <p><a href="#">7:15 am Prayer Time</a><br/><a href="#">7:30 am-7:45am Meditation</a></p> <p><a href="#">5:15pm-5:45 pm Workout-Jennifer</a></p> <p>Sign up for Meditation Challenge - details will be in the weekly email.</p> | <p>25</p> <p>Amia's Cardio Dance "Passionate Praise" (21:22)</p> <p>Ron's Core &amp; Hips "Centering Our Intention" (22:43)</p> | <p>26</p> <p><a href="#">Jennifer's Throw it off HIIT &amp; Strength Workout (50:06)</a></p> | <p>27</p> <p>Alisa's Yoga Roll 'Suffering to Gain'</p>                                   | <p>28</p> <p><a href="#">7:15: Worship</a><br/><a href="#">7:30 AM Meditation</a><br/><a href="#">7:45 AM Workout/Goals</a></p>                       |
| <p>29</p> <p>Get Ready for September Meditation Challenge</p> <p>Rest Day</p>  | <p>30</p> <p><a href="#">Jennifer's Cardio Core Workout (31:00)</a></p>  | <p>31</p> <p><a href="#">7:15 am Prayer Time</a><br/><a href="#">7:30 am-7:45am Meditation</a></p> <p><a href="#">5:15pm-5:45 pm Workout-Michelle</a></p>  | <p><i>So I say , walk by the Spirit, and you will not gratify the desires of your flesh</i><br/><b>Galatians 5:1</b></p>        |  |  |   |