

SEPTEMBER: Sabbath- Rhythms of Rest

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mind: Book: Rhythms of Rest Body: Self Care Challenge first 15 Days Nutrition: Brain Foods Spirit: Meditation Challenge 21 Days/ Bible Study			1 Self Care: Read 5 pages of favorite book Chapters 1-2 Walk or Run 30 mins	3 Mathew 6:33 (35min Strength) Self Care: Take a Walk Outside	3 Self Care: Journal Flexibility Friday stretch before bed	4 7:15: Worship 7:30 AM Meditation 7:45 AM Workout/Goals Self Care: Have a Dance Party by yourself or with a friend.
5 Self Care: Salad for one meal Chapters 3-5	6 LABOR DAY 5K Self Care: Write a Thank You Card 10min Core Workout	7 7:15 am Prayer Time 7:30 am-7:45am Meditation 5:15pm-5:45 pm Workout Self Care: Random Act of Kindness	8 Self Care: Watch the Sunrise or Sunset Intervals of walking & jogging 30 mins or Cardio Accumulator	3 Witness & Worship 45min HIIT Self Care: Drink a Green Smoothie	10 Exercise your mental muscle registration closes for the pick your price Self Care: Give Yourself a Face Mask It is Well Stretch 6mins	11 7:15: Worship 7:30 AM Meditation 7:45 AM Workout/Goals Self Care: Eat a Veggie Snack
12 Self Care: Roll Out Your Muscles Chapters 6-8	13 Exercise your mental muscle starts Plank challenge begins Self Care: Meditate for 15 Minutes	14 7:15 am Prayer Time 7:30 am-7:45am Meditation 5:15pm-5:45 pm Workout Self Care: Drink 84oz Water	15 Self Care: Do Nothing For 10 Minutes Walk or Run 30 mins	16 Move it, Shake it, Lift it 30min Strength	17 Flexibility Friday stretch before bed	18 7:15: Worship 7:30 AM Meditation 7:45 AM Workout/Goals
19 Chapters 9-11	20 Basic Pilates Workout	21 7:15 am Prayer Time 7:30 am-7:45am Meditation 5:15pm-5:45 pm Workout	22 Intervals of walking & jogging 30 mins or Cardio Accumulator	23 Accumulator 30 min Strength	24 It is Well Stretch 6mins	25 7:15: Worship 7:30 AM Meditation 7:45 AM Workout/Goals
26 Chapters 12	27 HIIT CORE	28 7:15 am Prayer Time 7:30 am-7:45am Meditation 5:15pm-5:45 pm Workout	29 Walk or Run 30 mins	30 30 min Strength		