

February: Healthy Heart

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
MIND: CRAZY LOVE - FRANCIS CHAN BODY: MOVEMENT CHALLENGE NUTRITION: Heart Health Foods SPIRIT: CRAZY LOVE Write a love letter to God- Share with us what the Cross means to you		DAY 1- STRENGTH CLASS 7:15 am Prayer Time 7:30 am-7:45am Meditation 5:15pm-5:45 pm Workout Heart Healthy Food ____	DAY 2 - WEEK 1 MOVES-2 Rounds Heart Healthy Food ____	DAY 3- STRENGTH CLASS Jeremiah 17:91-10 (43 mins) Heart Healthy Food ____	DAY 4-WEEK 1 MOVES-3 ROUNDS AND 1 MIN PLANK Heart Healthy Food ____	DAY 5-STRENGTH CLASS 7:15:AM Worship 7:30 AM Meditation 7:45 AM Workout/Habits Heart Healthy Food ____
6	7	8	9	10	11	12
REST Heart Healthy Food ____	DAY 6: WEEK 2 MOVES - 2 ROUNDS Heart Healthy Food ____	DAY 7: STRENGTH CLASS 7:15 am Prayer Time 7:30 am-7:45am Meditation 5:15pm-5:45 pm Workout Heart Healthy Food ____	DAY 8: WEEK 2 MOVES - 4 ROUNDS Heart Healthy Food ____	DAY 9: STRENGTH CLASS Be A Carrier of Joy (33 mins) Heart Healthy Food ____	DAY 10: WEEK 2 MOVES - AMRAP 10 MINS AND Basic Pilates Workout (36 mins) Heart Healthy Food ____	DAY 9: STRENGTH CLASS 7:15: Worship 7:30 AM Meditation 7:45 AM Workout/Habits Heart Healthy Food ____
13	14	15	16	17	18	19
REST Heart Healthy Food ____	DAY 10- WEEK 3 MOVES - 2 ROUNDS Heart Healthy Food ____	DAY 11- STRENGTH CLASS 7:15 am Prayer Time 7:30 am-7:45am Meditation 5:15pm-5:45 pm Workout Heart Healthy Food ____	DAY 12- WEEK 3 MOVES - 4 ROUNDS Heart Healthy Food ____	DAY 13: STRENGTH CLASS While I Wait (47mins) Heart Healthy Food ____	DAY 14: WEEK 3 MOVES - AMRAP 10 MINS AND 1 MIN PLANK Heart Healthy Food ____	DAY 15: STRENGTH CLASS- NO LIVE CLASS ROMANS 15:13 (48 MINS) Pre Recorded Workout - Share the screen this workout together Heart Healthy Food ____
20	21	22	23	24	25	26
REST Heart Healthy Food ____	DAY 16 -WEEK 4 MOVES - 2 ROUNDS Heart Healthy Food ____	DAY 17- STRENGTH CLASS – NO LIVE CLASS Rooted In Christ (36 MINS) Heart Healthy Food ____	DAY 18- WEEK 4 MOVES- 4 ROUNDS Heart Healthy Food ____	DAY 19: STRENGTH CLASS Let the Joy Sink In (37 mins) Heart Healthy Food ____	DAY 20: WEEK 4 MOVES - AMRAP AND Basic Pilates Workout (36 mins) Heart Healthy Food ____	DAY 21: STRENGTH CLASS 7:15: Worship 7:30 AM Meditation 7:45 AM Workout/Habits Heart Healthy Food ____
27	28	MOVEMENT CHALLENGE: 22 DAYS				
REST Heart Healthy Food ____	DAY 22- PICK ANY WEEK AMRAP 10 MINS Heart Healthy Food ____					