

MAY: Suffering Well

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST DAY 1	2 5 Pushups 15 Squats 30 Sec Plank	3 7:15 am Prayer Time 7:30 am-7:45am Meditation 5:15pm-5:45 pm Workout	4 6 Pushups 16 Squats 31 Sec Plank	5 7 Pushups 17 Squats 32 Sec Plank	6 8 Pushups 18 Squats 35 Sec Plank	7 7:15:AM Worship 7:30 AM Meditation 7:45 AM Workout/Goals
8 Mother's Day REST DAY	9 9 Pushups 20 Squats 40 Sec Plank	10 7:15 am Prayer Time 7:30 am-7:45am Meditation 5:15pm-5:45 pm Workout	11 10 Pushups 22 Squats 42 Sec Plank	12 12 Pushups 24 Squats 43 Sec Plank	13 14 Pushups 25 Squats 45 Sec Plank	14 No live meeting!
15 REST DAY	16 15 Pushups 28 Squats 48 Sec Plank	17 7:15 am Prayer Time 7:30 am-7:45am Meditation 5:15pm-5:45 pm Workout	18 17 Pushups 30 Squats 50 Sec Plank	19 19 Pushups 32 Squats 52 Sec Plank	20 20 Pushups 35 Squats 55 Sec Plank	21 7:15:AM Worship 7:30 AM Meditation 7:45 AM Workout/Goals
22 REST DAY	23 22 Pushups 36 Squats 57 Sec Plank	24 7:15 am Prayer Time 7:30 am-7:45am Meditation 5:15pm-5:45 pm Workout	25 24 Pushups 37 Squats 59 Sec Plank	26 25 Pushups 38 Squats 60 Sec Plank	27 30 Pushups 38 Squats 60 Sec Plank	28 7:15:AM Worship 7:30 AM Meditation 7:45 AM Workout/Goals
29 REST DAY	30 35 Pushups 40 Squats 65 Sec Plank	31 7:15 am Prayer Time 7:30 am-7:45am Meditation 5:15pm-5:45 pm Workout	MIND: Atomic Habits Principles BODY: Pushups, Squats, Planks NUTRITION: Intuitive Eating (first 3 principles) SPIRIT: Suffering Well - Romans 5:3 - Bible Plan			