July: Awareness- Lord Open the Eyes of My Heart

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MIND: Enneagram- Road Back to You **BODY:** Walkin Making it to live workouts for the next 3 months- Getting in 3 strength training workouts in each week. 5k Training **NUTRITION:** Intuitive Eating - Principles 4-6 **SPIRIT:** Sacred Pathways 9 Principles					1 Take the Enneagram Test Share your results	2 7:15:AM Worship 7:30 AM Meditation 7:45 AM Workout/Goals Join the bible study plan
3 REST	4 Not my will but yours	5 6:15 am Workout 6:45am Meditation 7am Prayer	6	7 Throw it off (45mins)	8 Pilates Workout	9 7:15:AM Worship 7:30 AM Meditation 7:45 AM Workout/Goals
10 REST	11 Logos & Rhema	12 6:15 am Workout 5:15pm-5:45 pm Prayer & Meditation	13	14 Back & Bicep Burn (17mins)	15 20 Min Stretch	16 7:15:AM Worship 7:30 AM Meditation 7:45 AM Workout/Goals
17 REST	18 Praise Is Our Weapon	19 6:15 am Workout 5:15pm-5:45 pm Prayer & Meditation	20	21 15 min Strength (15mins)	22 6 Min Full Body Stretch	23 7:15:AM Worship 7:30 AM Meditation 7:45 AM Workout/Goals
24 REST	25 **5K Training Begins** I Will Trust You Lord	26 6:15 am Workout 5:15pm-5:45 pm Prayer & Meditation	27	28 Beloved Don't Be Surprised (55mins)	39 Foam Rolling 10mins	30 No Live Workout!