

## NOVEMBER 2022: PAUSE..... and PRAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>MIND:</b> SMART GOALS,&amp; Habit Tracking, <a href="#">Resilient</a>- John E,</p> <p><b>BODY/NUTRITION:</b> <a href="#">Plank Challenge</a>/ Eat with Thanksgiving</p> <p><b>SPIRIT:</b> <a href="#">PAUSE APP</a>, <a href="#">21 Days of Gratitude</a> ,<a href="#">Prayer Bible Plan</a></p>		<p>1</p> <p><b>6:15 AM Workout</b></p> <p>Plank Challenge Begins! Forearm Plank 45 sec -x3 Bible Plan Begins!</p>	<p>2</p> <p><b>7:00 AM- 7:30 AM Meditation &amp; Prayer</b></p> <p>Forearm Side Plank 45 sec -x3</p>	<p>3</p> <p><b>Workout: <a href="#">I Am Safe In His Care</a>-35mins</b></p> <p>High Plank 45 sec -x3</p>	<p>4</p> <p><b>Flexibility Friday: <a href="#">10 Min Gentle Stretch</a></b></p> <p><b>Facebook live 3:30 PM</b> High Side Plank 45 sec -x3</p>	<p>5</p> <p><b>7:15:AM Worship</b> <b>7:30 AM Meditation</b> <b>7:45 AM Work</b></p> <p>Forearm Plank with a knee tap 45 sec -x3</p>
<p>6</p> <p><b>Resilient - Chapters 1-3</b></p> <p>High Plank with a shoulder tap 45 sec -x3</p>	<p>7</p> <p><b><a href="#">21 Days Of Gratitude</a></b></p> <p>Plank Up Downs 45 sec -x3</p>	<p>8</p> <p><b>6:15 AM Workout</b></p> <p>Plank Challenge Flow</p>	<p>9</p> <p><b>7:00 AM- 7:30 AM Meditation &amp; Prayer</b></p> <p><b>Facebook Live 12 PM</b> Tricep Pushups 8-10 Reps x3</p>	<p>10</p> <p><b>Workout: <a href="#">His Ways</a> 55mins</b></p> <p>Forearm Plank with Hip Dip 45 sec -x3</p>	<p>11</p> <p><b>Flexibility Friday: <a href="#">It Is Well Stretch</a>- 6min</b></p> <p>Plank Jack 45 sec -x3</p>	<p>12</p> <p><b>7:15:AM Worship</b> <b>7:30 AM Meditation</b> <b>7:45 AM Work</b></p> <p>Forearm Side Plank with hip dip 45 sec -x3</p>
<p>13</p> <p><b>Resilient -Chapters 4-6</b></p> <p>High Plank with elbow to opposite knee 45 sec -x3</p>	<p>14</p> <p>Forearm Plank knee to same elbow 45 sec -x3</p>	<p>15</p> <p><b>6:15 AM Workout</b></p> <p>Plank Challenge Flow</p>	<p>16</p> <p><b>7:00 AM- 7:30 AM Meditation &amp; Prayer</b></p> <p>Pushups 8-10 Reps x3</p>	<p>17</p> <p><b>Workout: <a href="#">Put On The Full Armor</a> 35min</b></p> <p>Crouching Panther Plank 75 sec x3</p>	<p>18</p> <p><b>Flexibility Friday: <a href="#">Recovery &amp; Kindness Stretch</a> 10min</b></p> <p><b>Facebook live 3:30 PM</b> Forearm Side Plank with rotation 45 sec -x3</p>	<p>19</p> <p><b>7:15:AM Worship</b> <b>7:30 AM Meditation</b> <b>7:45 AM Work</b></p> <p>High Plank stretch reach 45 sec -x3</p>
<p>20</p> <p><b>Resilient - Chapters 7-8</b></p> <p>High Plank with hip dip and leg lift 45 sec -x3</p>	<p>21</p> <p>Moving Lateral Panther Plank 75 sec -x3</p>	<p>22</p> <p><b>No Live workout</b> <b>God Has A Plan For Us (27:04)</b></p> <p>Plank Challenge Flow</p>	<p>23</p> <p><b>7:00 AM- 7:30 AM Meditation &amp; Prayer</b></p> <p><b>Facebook Live 12 PM</b> Tricep Push Ups with Rotation 8-10 Reps x3</p>	<p>24</p> <p><b>Workout: <a href="#">But The Advocate</a> 35min</b></p> <p><b>THANKSGIVING</b> Towel Plank Rows- 60 sec x3</p>	<p>25</p> <p><b>Flexibility Friday: <a href="#">20 Min Recovery Stretch</a></b></p> <p>High Side Plank with thread and leg lift 45 sec -x3</p>	<p>26</p> <p><b>No LIVE Meeting</b></p> <p>Forearm Plank with Towel Army Crawls 60 sec x3</p>
<p>27</p> <p><b>Resilient -Chapters 9-10</b></p> <p>High Side Plank with Crunch and Toe Tap 60 sec x3</p>	<p>28</p> <p>High Plank with One-Legged Towel Pull 45 seconds. Switch sides x3</p>	<p>29</p> <p><b>6:15 AM Workout</b></p> <p>Plank Challenge Flow</p>	<p>30</p> <p><b>7:00 AM- 7:30 AM Meditation &amp; Prayer</b></p> <p>Crouching Tiger Push-Up 8-10 Reps x3</p>			