

# 30-Day Health & Fitness Challenge

**Monday, March 25, 2024 to Tuesday, April 23, 2024**

Text **CHALLENGE** to **(770)800-0112** for text updates during this challenge!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>March 25th</b> Meatless Monday	<b>March 26th</b> Walk between 5,000 - 10,000 Steps	<b>March 27th</b> Water Wednesday	<b>March 28th</b> Walk for 30 minutes	<b>March 29th</b> Share a healthy recipe with a friend	<b>March 30th</b> In-Person Stretch @KBLFLC @ 10 AM
<b>March 31st</b> Add a salad to your meal	<b>April 1st</b> Meatless Monday	<b>April 2nd</b> Stretch for 15 minutes	<b>April 3rd</b> Water Wednesday	<b>April 4th</b> Refrain from eating fried foods	<b>April 5th</b> Friday Night Fitness Fun @ KBLFLC @ 6 PM	<b>April 6th</b> Refrain from eating sweets
<b>April 7th</b> Meal Prep for the week	<b>April 8th</b> Meatless Monday	<b>April 9th</b> Walk between 5,000 - 10,000 Steps	<b>April 10th</b> Water Wednesday	<b>April 11th</b> Journal your fitness/nutrition progress	<b>April 12th</b> Sleep 7-9 hours	<b>April 13th</b> Open Gym Circuit @ KBLFLC @ 10 AM
<b>April 14th</b> No Bread, No Pasta, No Rice, No Potatoes	<b>April 15th</b> Meatless Monday	<b>April 16th</b> Schedule a doctor visit and/or do a self-breast exam	<b>April 17th</b> Water Wednesday (Drink at least 64 OZ)	<b>April 18th</b> Pickleball Night @ KBLFLC @ 6 PM	<b>April 19th</b> Take an Epson Salt bath	<b>April 20th</b> Only consume home-cooked meals
<b>April 21st</b> BCC Campus Stroll @ 3 PM	<b>April 22nd</b> Meatless Monday	<b>April 23rd</b> Testimony Tuesday during Bible Study @ 12 Noon & 7 PM				

*The Women's Ministry Presents*  
**Women Prioritizing Physical Vitality**

- Monday, March 25th - Meatless Monday
- Tuesday, March 26th - Walk between 5,000 - 10,000 Steps
- Wednesday, March 27th - Drink only water as a beverage
- Thursday, March 28th - Walk for 30 minutes
- Friday, March 29th - Share a healthy recipe with a friend
- Saturday, March 30th - In-Person Stretch at the KBLFLC @ 10 AM
- Sunday, March 31st - Add a salad to your meal
- Monday, April 1st - Learn/Play Pickleball at the KBLFLC @ 10 AM
- Tuesday, April 2nd - Stretch for 15 minutes
- Wednesday, April 3rd - Drink only water as a beverage
- Thursday, April 4th - Refrain from eating fried foods
- Friday, April 5th - Friday Night Fitness Fun  
w/ Justin at the KBLFLC @ 6 PM
- Saturday, April 6th - Refrain from eating sweets
- Sunday, April 7th - Meal Prep for the rest of the week
- Monday, April 8th - Meatless Monday
- Tuesday, April 9th - Walk between 5,000 - 10,000 Steps
- Wednesday, April 10th - Drink only water as a beverage
- Thursday, April 11th - Journal your fitness/nutrition progress
- Friday, April 12th - Sleep for 7 to 9 hours
- Saturday, April 13th - Open Gym Circuit at the KBLFLC @ 10 AM
- Sunday, April 14th - Refrain from eating Bread, Pasta, Rice, & Potatoes
- Monday, April 15th - Meatless Monday
- Tuesday, April 16th - Schedule a Wellness Visit w/ your doctor  
and/or do a self-breast exam
- Wednesday, April 17th - Drink 64 OZ of water
- Thursday, April 18th - Berean Women Pickleball Night at the KBLFLC @ 8 PM
- Friday, April 19th - Take an Epson Salt bath
- Saturday, April 20th - Refrain from consuming meals prepared outside of your home
- Sunday, April 21st - Berean DeKalb Campus Stroll @ 3 PM
- Monday, April 22nd - Try a new meatless recipe today
- Tuesday, April 23rd - Share your Health/Fitness Journey during  
Bible Study at 12 Noon & 7 PM

Text **CHALLENGE** to **(770)800-0112** for text updates during this challenge!