OPT IN TO PARTICIPATE IN THE GITFIT CHALLENGE!

- Track daily progress
- Report results weekly
- Celebrate with us during weekend services!





Use this booklet to chart your progress! If you opt in to the GITFIT Challenge, every week we will send you a link to report your progress. Your individual results will be private - we will only include them in a summary of everyone participating to see how we are doing as a church family. We will celebrate these victories during the weekend services while we GITFIT!

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VVE	EV 1								
	ERI								
Indicate	what you accomplish each day in the boxes below.								
This cha	rt is intended to help you track and celebrate your								Total
	o give yourself grace if you do not complete ng each day.								Times
		SAT	SUN	MON	TUES	WED	THUR	FRI	Completed
SPIRIT	UAL/EMOTIONAL								
IR	Read My Bible								
ΙP	Prayed								
	overcame a Fear, Worry, or Stress								
PHYSIC	CAL	_	1						
IK	Cept My Diet Goals								
IK	Cept My Exercise Goals								
	Pounds gained:								
he ha	"And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice - the kind he will find acceptable. This is truly the way to worship him." Romans 12:1 (NLT)								
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WE	EK 2								12.1 (INL 1)
This cha goals, so	e what you accomplish each day in the boxes below. art is intended to help you track and celebrate your o give yourself grace if you do not complete								Total
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"You formed my innermost being, shaping my delicate inside and my intricate outside, and wove them all together in my mother's womb. I thank you, God, for making me so mysteriously complex! Everything you do is marvelously breathtaking. It simply amazes me to think about it! How thoroughly you know me, Lord!"

Psalm 139:13-14 (TPT)

WEEK 3								
								
Indicate what you accomplish each day in the boxes below. This chart is intended to help you track and celebrate your								
goals, so give yourself grace if you do not complete								Total Times
everything each day.	SAT	SUN	MON	TUES	WED	THUR	FRI	Completed
SPIRITUAL/EMOTIONAL								
I Read My Bible								
I Prayed								
I Overcame a Fear, Worry, or Stress								
PHYSICAL								
I Kept My Diet Goals								
I Kept My Exercise Goals								
Pounds lost: Pounds gained:								
						1 Tim	othy ·	4:8 (NIV)
WEEK 4								
Indicate what you accomplish each day in the boxes below.								
This chart is intended to help you track and celebrate your								Total
goals, so give yourself grace if you do not complete everything each day.								Times
everything each day.	SAT	SUN	MON	TUES	WED	THUR	FRI	Completed
SPIRITUAL/EMOTIONAL		9						
I Read My Bible								
I Prayed								
I Overcame a Fear, Worry, or Stress								
PHYSICAL								
I Kept My Diet Goals								
I Kept My Exercise Goals								
I lost or gained weight this week to mee			goal	Ye	es	No		
Pounds gained: _		_						
I maintained my weight this week to me	eet my į	persona	al goal	Ye	s 🔲	No		

"Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body."

-1 Corinthians 6:19-20 (NLT)

WEEK 5								
Indicate what you accomplish each day in the boxes below. This chart is intended to help you track and celebrate your goals, so give yourself grace if you do not complete everything each day.								Total Times
everything each day.	SAT	SUN	MON	TUES	WED	THUR	FRI	Completed
SPIRITUAL/EMOTIONAL								
I Read My Bible								
I Prayed								
I Overcame a Fear, Worry, or Stress								
PHYSICAL								
I Kept My Diet Goals								
I Kept My Exercise Goals								
I lost or gained weight this week to meet my personal goal Yes No Pounds lost: Pounds gained:								
I maintained my weight this week to meet my personal goal Yes No								
"Never be lazy, but work hard and serve the hope. Be patient in trouble, and keep on prayi		enthu	usiast	ically.		ce in omans		
WEEK 6								-12 (NL1)
WEEK 6 Indicate what you accomplish each day in the boxes below. This chart is intended to help you track and celebrate your goals, so give yourself grace if you do not complete everything each day.		CI IN	MON	THE	WED			Total Times
Indicate what you accomplish each day in the boxes below. This chart is intended to help you track and celebrate your goals, so give yourself grace if you do not complete everything each day.	SAT	SUN	MON	TUES	WED	THUR	FRI	Total
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