

# 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!

## WEEK 1

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 Times 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

"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)

## WEEK 2

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 Times 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

"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 everything each day.

	SAT	SUN	MON	TUES	WED	THUR	FRI	Total Times 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

"Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."

1 Timothy 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 goals, so give yourself grace if you do not complete everything each day.

	SAT	SUN	MON	TUES	WED	THUR	FRI	Total Times 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



"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.

	SAT	SUN	MON	TUES	WED	THUR	FRI	Total Times 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 Lord enthusiastically. Rejoice in our confident hope. Be patient in trouble, and keep on praying."

Romans 12:11-12 (NLT)

## 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.

	SAT	SUN	MON	TUES	WED	THUR	FRI	Total Times 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