



# GAME ON! Weekly Fitness Checklist

## Physical, Mental, Emotional and Spiritual Goals

### Follow this guideline to LIVE A BETTER LIFE!

Each week you complete every item on the checklist, you can turn in this sheet at the Welcome Table in the Courtyard to receive a raffle ticket for your chance to win one of the following great prizes:

1<sup>st</sup> Place: \$250 Visa Gift Card • 2<sup>nd</sup> Place: \$150 Massage Envy Gift Card • 3<sup>rd</sup> Place: \$100 Trader Joe's Gift Card

*The more weeks you meet your fitness goals, the more chances to WIN ... and the BETTER your LIFE becomes!*

- I attended worship service this week! Circle which service you attended: SUNDAY 9am SUNDAY 11am WEDNESDAY

Sun., June 23	Mon., June 24	Tues., June 25	Wed., June 26	Thurs., June 27	Fri., June 28	Sat., June 29
<p><b>Physical Fitness</b></p> <p><input type="checkbox"/> - 20 minutes of exercise</p> <p><b>Mental Fitness</b></p> <p><input type="checkbox"/> - 10 minutes reading (or listening with full attention) of affirmations, the Bible, self-help books, or other paths to positive living</p> <p><b>Emotional Fitness</b></p> <p><input type="checkbox"/> - 10 minutes of journaling, releasing, surrender and/or forgiveness work</p> <p><b>Spiritual Fitness</b></p> <p><input type="checkbox"/> - 20 minutes of prayer and meditation</p> <p><i>To qualify, you must attend Sunday or Wednesday worship. Indicate which service you attend in the box at the top of this page.</i></p> <p><input type="checkbox"/> - THIS IS MY ONE "CHEAT" DAY for the week</p>	<p><b>Physical Fitness</b></p> <p><input type="checkbox"/> - 20 minutes of exercise</p> <p><b>Mental Fitness</b></p> <p><input type="checkbox"/> - 10 minutes reading (or listening with full attention) of affirmations, the Bible, self-help books, or other paths to positive living</p> <p><b>Emotional Fitness</b></p> <p><input type="checkbox"/> - 10 minutes of journaling, releasing, surrender and/or forgiveness work</p> <p><b>Spiritual Fitness</b></p> <p><input type="checkbox"/> - 20 minutes of prayer and meditation</p> <p><input type="checkbox"/> - THIS IS MY ONE "CHEAT" DAY for the week</p>	<p><b>Physical Fitness</b></p> <p><input type="checkbox"/> - 20 minutes of exercise</p> <p><b>Mental Fitness</b></p> <p><input type="checkbox"/> - 10 minutes reading (or listening with full attention) of affirmations, the Bible, self-help books, or other paths to positive living</p> <p><b>Emotional Fitness</b></p> <p><input type="checkbox"/> - 10 minutes of journaling, releasing, surrender and/or forgiveness work</p> <p><b>Spiritual Fitness</b></p> <p><input type="checkbox"/> - 20 minutes of prayer and meditation</p> <p><input type="checkbox"/> - THIS IS MY ONE "CHEAT" DAY for the week</p>	<p><b>Physical Fitness</b></p> <p><input type="checkbox"/> - 20 minutes of exercise</p> <p><b>Mental Fitness</b></p> <p><input type="checkbox"/> - 10 minutes reading (or listening with full attention) of affirmations, the Bible, self-help books, or other paths to positive living</p> <p><b>Emotional Fitness</b></p> <p><input type="checkbox"/> - 10 minutes of journaling, releasing, surrender and/or forgiveness work</p> <p><b>Spiritual Fitness</b></p> <p><input type="checkbox"/> - 20 minutes of prayer and meditation</p> <p><i>To qualify, you must attend Sunday or Wednesday worship. Indicate which service you attend in the box at the top of this page.</i></p> <p><input type="checkbox"/> - THIS IS MY ONE "CHEAT" DAY for the week</p>	<p><b>Physical Fitness</b></p> <p><input type="checkbox"/> - 20 minutes of exercise</p> <p><b>Mental Fitness</b></p> <p><input type="checkbox"/> - 10 minutes reading (or listening with full attention) of affirmations, the Bible, self-help books, or other paths to positive living</p> <p><b>Emotional Fitness</b></p> <p><input type="checkbox"/> - 10 minutes of journaling, releasing, surrender and/or forgiveness work</p> <p><b>Spiritual Fitness</b></p> <p><input type="checkbox"/> - 20 minutes of prayer and meditation</p> <p><input type="checkbox"/> - THIS IS MY ONE "CHEAT" DAY for the week</p>	<p><b>Physical Fitness</b></p> <p><input type="checkbox"/> - 20 minutes of exercise</p> <p><b>Mental Fitness</b></p> <p><input type="checkbox"/> - 10 minutes reading (or listening with full attention) of affirmations, the Bible, self-help books, or other paths to positive living</p> <p><b>Emotional Fitness</b></p> <p><input type="checkbox"/> - 10 minutes of journaling, releasing, surrender and/or forgiveness work</p> <p><b>Spiritual Fitness</b></p> <p><input type="checkbox"/> - 20 minutes of prayer and meditation</p> <p><input type="checkbox"/> - THIS IS MY ONE "CHEAT" DAY for the week</p>	<p><b>Physical Fitness</b></p> <p><input type="checkbox"/> - 20 minutes of exercise</p> <p><b>Mental Fitness</b></p> <p><input type="checkbox"/> - 10 minutes reading (or listening with full attention) of affirmations, the Bible, self-help books, or other paths to positive living</p> <p><b>Emotional Fitness</b></p> <p><input type="checkbox"/> - 10 minutes of journaling, releasing, surrender and/or forgiveness work</p> <p><b>Spiritual Fitness</b></p> <p><input type="checkbox"/> - 20 minutes of prayer and meditation</p> <p><input type="checkbox"/> - THIS IS MY ONE "CHEAT" DAY for the week</p>

You are allowed one "cheat day" each week on which you don't meet one or more of the checkmarks for the day. With one cheat day, you can still qualify for a drawing ticket that week.