



SUN	MON	TUE	WED	THU	FRI	SAT
Day 1: Temple Dedication • Scripture: 1 Corinthians 6:19-20 • Devotion: Acknowledge your body as God's temple. • Challenge: Express gratitude for your body today.	Day 2: Mindful Eating • Scripture: 1 Corinthians 10:31 • Devotion: Reflect on eating for God's glory. • Challenge: Eat mindfully and savor your meals today.	Day 3: Balance Seeker • Scripture: Proverbs 11:1 • Devotion: Pursue balance in all aspects of life. • Challenge: Identify one area that needs better balance and make a plan to adjust it.	Day 4: Restful Renewal • Scripture: Psalm 62:5 • Devotion: Prioritize rest as a gift from God. • Challenge: Commit to getting a good night's sleep tonight.	Day 5: Active Temple • Scripture: 1 Timothy 4:8 • Devotion: Embrace physical activity as a gift. • Challenge: Engage in a 30-minute physical activity you enjoy.	Day 6: Gratitude Feast • Scripture: Psalm 136:25 • Devotion: Reflect on God's provision in your meals. • Challenge: List three things you're grateful for about your meals today.	Day 7: Prayerful Nourishment • Scripture: Philippians 4:6-7 • Devotion: Explore the role of prayer in your health. • Challenge: Say a prayer of gratitude before your meals today.
Day 8: Wholesome Choices • Scripture: 1 Corinthians 10:31 • Devotion: Align your dietary choices with God's glory. • Challenge: Choose a healthier alternative for one of your meals today.	Day 9: Self-Controlled Living • Scripture: Galatians 5:22-23 • Devotion: Cultivate self-control through the Holy Spirit. • Challenge: Identify a temptation and exercise self-control today.	Day 10: Guided Rest • Scripture: Psalm 23:2 • Devotion: Trust God's guidance in moments of rest. • Challenge: Take a break and engage in a peaceful activity.	Day 11: Active Joy • Scripture: Psalm 118:24 • Devotion: Find joy in being active. • Challenge: Try a new form of physical activity today.	Day 12: Compassion Journey • Scripture: Matthew 25:35-36 • Devotion: Serve others through your health journey. • Challenge: Volunteer or donate to a charitable organization.	Day 13: Mindful Meals • Scripture: 1 Corinthians 6:12 • Devotion: Practice mindful eating. • Challenge: Savor your meals, paying attention to each bite.	Day 14: Trusting His Timing • Scripture: Ecclesiastes 3:1 • Devotion: Trust in God's timing for your health. • Challenge: Let go of impatience and trust God's plan.
Day 15: Seek Support • Scripture: Ecc 4:9-10 • Devotion: Build a support system. • Challenge: Share your health goals with a trusted friend or family member.	Day 16: Overcoming Temptations • Scripture: 1 Corinthians 10:13 • Devotion: Seek God's help to overcome temptations. • Challenge: Pray when faced with a health-related temptation.	Day 17: Stewardship of Time • Scripture: Psalm 90:12 • Devotion: Invest your time wisely for health. • Challenge: Schedule time for physical activity today.	Day 18: Restful Healing • Scripture: Psalm 147:3 • Devotion: Seek God's healing and restoration. • Challenge: Spend time in prayer, seeking emotional or spiritual healing.	Day 19: Grateful Living • Scripture: 1 Thessalonians 5:18 • Devotion: Cultivate a heart of gratitude. • Challenge: List at least five things you're grateful for today.	Day 20: Sharing Your Journey • Scripture: Psalm 145:4 • Devotion: Share your health journey with others. • Challenge: Share your progress or insights with a friend or on social media.	Day 21: Renewed Strength • Scripture: Isaiah 40:31 • Devotion: Find renewed strength through waiting upon the Lord. • Challenge: Spend time in prayer, seeking spiritual strength.
Day 22: Contentment in Christ • Scripture: Philippians 4:11-13 • Devotion: Learn contentment and strength through Christ. • Challenge: Reflect on areas of contentment in your life.	Day 23: A Sound Mind • Scripture: 2 Timothy 1:7 • Devotion: Cultivate a sound mind through faith. • Challenge: Practice mindfulness and meditation today.	Day 24: Encouragement Mission • Scripture: Hebrews 10:24 • Devotion: Provoke love and good works by encouraging others. • Challenge: Send an uplifting message to someone in need.	Day 25: Flee from Temptation • Scripture: 1 Corinthians 6:18 • Devotion: Flee from temptations that harm your body and spirit. • Challenge: Identify a temptation and actively avoid it.	Day 26: Gratitude for Progress • Scripture: Psalm 138:8 • Devotion: Express gratitude for progress on your journey. • Challenge: Reflect on the progress you've made so far.	Day 27: A Renewed Mind • Scripture: Romans 12:2 • Devotion: Renew your mind to make choices that honor God. • Challenge: Identify one habit to change for a healthier lifestyle.	Day 28: God's Promises • Scripture: 2 Peter 1:4 • Devotion: Hold onto God's promises to overcome challenges. • Challenge: Write down your favorite promise from the Bible.
Day 29: Celebrating Victories • Scripture: Psalm 118:15 • Devotion: Celebrate the victories, big and small. • Challenge: Treat yourself to something special in celebration.	Day 30: Trusting God's Plan • Scripture: Jeremiah 29:11 • Devotion: Trust in God's plan for your health journey. • Challenge: Reflect on how God's plan has unfolded in your life.					