

Healthy Habit Challenge

Week 1 - No meats & 15 mins exercise a day

Week 2 – Eat in moderation & 20 mins exercise a day

Week 3 - Only fruits & vegetables & 25 mins exercise a day

Week 4 - *Intermittent fasting* – liquids & 30 mins exercise a day

Week 5 - No sweets or sugars & 35 mins exercise a day

Week 6 - No bread or pasta & 40 mins exercise a day

Week 7 – Eat in moderation & 45 mins exercise a day

The challenge is to develop **one new healthy habit each week** and practice it daily.

Remember this is about improving ourselves not punishing ourselves.

Use the 3Ps to Conquer Food Cravings

When you are triggered to eat outside your meal plan, practice the **3 P's**.

Pause, Pray, and Plan. This is especially helpful if you struggle with emotional eating.

Pause. Take a deep breath and recognize why you are being triggered to eat outside your plan for the day. Take note of what is wrong or what is triggering you.

Pray. Read over these Bible verses for weight loss and pray them over yourself. Ask God to help you at this moment. Pray these scriptures about weight loss over your whole journey and mindset on weight loss.

Plan. Decide the next right step. If you must eat, have one of your healthy snacks. Plan out your next meal or your next day of meals.

Weekly check-ins

Weekly prizes and incentives

Weekly realistic goals

Let's Have Fun

Scripture References

1 Corinthians 6:19-20 - Week 1

*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***

1 Corinthians 10:31 - Week 2

*Therefore, whether you eat or drink, or whatever you do, do all to the glory of God. **1 Corinthians 10:31***

Hebrews 12:11 - Week 3

*For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it. **Hebrews 12:11***

Matthew 6:25 - Week 4

*Therefore, I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? **Matthew 6:25***

Psalms 145:15-16 - Week 5

*The eyes of all look to you in hope; you give them their food as they need it. When you open your hand, you satisfy the hunger and thirst of every living thing. **Psalms 145:15-16***

Isaiah 55:1-2 - Week 6

*Is anyone thirsty? Come and drink even if you have no money! Take your choice of wine or milk-it's all free! Why spend your money on food that does not give you strength? Why pay for food that does you no good? Listen and I will tell you where to get food that is good for the soul! **Isaiah 55:1-2***

3 John 1:2 - Week 7

*Beloved, I pray that in every way you may succeed and prosper and be in good health [physically], just as [I know] your soul prospers [spiritually]. **3 John 1:2***