



FIT IN FAITH

Session Outline Template

A simple structure any leader can follow

Every Fit in Faith session moves through the same rhythm. Use this template to plan yours. Fill in the blanks before your session, print it, and lead from it. You do not have to be an expert. You just have to be prepared and present.

A full session usually runs 45 to 60 minutes. Adjust the timing to fit your group.

Before You Begin

Date & time	<i>When are you meeting?</i>
Location	<i>Where in the church?</i>
Who is leading	<i>Names of the ambassadors leading today</i>
Health topic	<i>For example: goal setting, heart health, stress</i>
Scripture theme	<i>For example: perseverance, gratitude, peace</i>
What to prepare	<i>Chairs, water, handouts, music, anything else</i>

The Session, Step by Step

1. Welcome and Opening Prayer

Greet everyone warmly, take a moment to see how people are doing, and open with a short prayer. Five minutes.

2. Warmup and Movement

Move together, using the Six-Week Exercise Guide or your own plan. Offer a seated option for every exercise so no one is left out. Fifteen to twenty minutes.

3. Health Topic

Teach the week's health topic through discussion, trivia, or an activity rather than a lecture. Keep it interactive. Ten to fifteen minutes.

4. Scripture and Reflection

Read a short passage together and connect it to the day's topic. Invite a few people to share. Ten minutes.

5. Closing Prayer and the Week's Challenge

Close in prayer, hand out the one-page takeaway, and remind everyone of the challenge to try before the next session. Five minutes.

Notes for This Session

Discussion questions	<i>Write 2 or 3 questions to ask</i>
This week's challenge	<i>What will you invite people to try?</i>
Reminders	<i>Announcements, next meeting, anything else</i>