



FIT IN FAITH

Session Takeaway

An editable one-page handout for the close of a session

This is a Word document you can edit and reuse for every session. Before you meet, open it and type in the day's topic, scripture, challenge, and next meeting details, then print one for each person. You can also print blank copies and fill them in by hand during the session. Either way, participants leave with a reminder of what you covered and what to try before next time.

This handout is meant to be edited. Save a copy for each session so you build up a record of what your group has done.

Today We Talked About

Health topic	
Scripture	
One thing to remember	

This Week's Challenge

Try this before we meet again:

Challenge	Write the challenge here
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A Word to Carry With You

Write a short encouraging line or the session's key verse here, so people leave with something to hold onto during the week.

Next Session

Date & time	
What to bring	