



FIT IN FAITH Weekly Challenges

Small steps between sessions that keep the group moving

Challenges give people something simple to carry into their week. Pick one each session, announce it at the close, and check in at the start of the next meeting to see how it went. Keep them small and doable. The point is steady progress, not perfection.

Tip: let the group vote on a challenge now and then. People follow through more when they choose it themselves.

Movement Challenges

- Take a ten-minute walk after dinner three evenings this week.
- Do the seated warmup from our session on two mornings at home.
- Take the stairs instead of the elevator whenever you can.
- Stretch for five minutes before bed each night.
- Invite one person to walk with you this week.
- Stand up and move around for two minutes every hour you are sitting.
- Park a little farther away and walk the extra distance.
- Do ten sit-to-stands from your chair each morning.
- Dance to two of your favorite songs.
- Try a new gentle activity, like gardening or a slow walk in the park.

Nutrition Challenges

- Drink a full glass of water before each meal.
- Add one extra serving of vegetables to your day.
- Swap one sugary drink for water or unsweetened tea.
- Read the nutrition label on one item before you buy it.
- Cook one meal at home instead of eating out.
- Eat a piece of fruit as a snack instead of something sweet.
- Fill half your plate with vegetables at one meal each day.
- Try one new healthy recipe this week.
- Cut back on adding salt, and season with herbs or lemon instead.
- Eat slowly at one meal and notice when you feel full.

Rest and Stress Challenges

- Go to bed at the same time three nights this week.
- Spend five quiet minutes in prayer or deep breathing each morning.
- Put your phone away one hour before bed.
- Write down three things you are grateful for each day.
- Take one real break during your busiest day.
- Step outside for a few minutes of fresh air each day.
- Say no to one thing that is stretching you too thin.
- Do one activity you find calming, like reading or listening to music.
- Keep your bedroom dark and cool to sleep better.
- Take three slow, deep breaths whenever you feel stressed.

Faith and Community Challenges

- Check in on one member of the group this week.
- Read the session's scripture passage again on your own.
- Share one thing you learned with someone at home.
- Pray for the person who sat next to you at the last session.
- Invite someone new to join the group.
- Write down one prayer for your own health journey.
- Encourage one person who is struggling to stay motivated.
- Thank God each morning for the body and the day you have been given.
- Offer to help another member with something they need this week.
- Reflect on one way your faith supported your health this week.