



FIT IN FAITH

## What to Bring

*Come prepared for each session*

Bringing a few simple things helps you get the most out of each session. None of it is expensive or hard to find, and having these on hand makes every session go smoothly.

### **A water bottle**

Bring it filled so you can stay hydrated while you move.

### **A Bible**

We read and reflect on scripture together each session. Any version works, and a phone Bible is fine too.

### **Something to write with**

A pen or pencil for the writing and reflection activities.

### **A notebook**

For goals, notes, and the challenges you take home.

### **Comfortable clothes**

Breathable clothing that is easy to move in.

### **Supportive shoes**

Sneakers or comfortable shoes with good grip.

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**Bring what you can. These are everyday items most people already have at home, so come as you are and do not worry if you are missing something.**

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