

Week 1



FAITH

What do you think it takes to get to heaven?

What do you think this quote by CS Lewis means? “Christianity, if false, is of no importance, and if true, of infinite importance. The only thing it cannot be is moderately important.”

From Galatians [5:22-23](#) list the fruit of the spirit.

Which of the two “benefits” of knowing God and following Christ is most exciting to you right now: your life on earth being better OR knowing you will spend eternity with God in heaven? Why?

C.S. Lewis said, “Aim at heaven and you will get earth thrown in, aim at earth and you will get neither.” What do you think this means?

Faith Goal:



FITNESS



Perform each move in the order it is listed. Wait 1 minute between moves. Record your results below. Before you begin watch Video #2

Push-ups (Hands Wide): 1 Minute _____
Sit-ups: 1 Minute _____
High Knee Jogging: 1 Minute _____
Tricep Push-ups: 1 Minute _____
Jumping Jacks: 1 Minute _____
Mountain Climbers: 1 Minute _____
Squats: 1 Minute _____

Fitness Goal:



FUEL

Fuel Goal:

Week 2



FAITH

Is there anything you have done that makes it hard for you to believe that God really loves you? Spend some time in prayer and tell Him about it.

Do you have any unconfessed sins in your life or sins you have confessed but are having a hard time turning away from? Tell God about your challenges with these sins and ask Him to help you.

Have you ever clearly experienced God's love for you? If so, how did it feel?



FITNESS

Fitness Goal:



FUEL

Fuel Goal:

Week 3



FAITH

What do you think it means to “give God control?”

What do you think are the benefits of “giving God control?”

Letting God take control of your life doesn't mean you stop taking action all together. You need to pray, read the Bible, and interact with people you respect, etc. The key is that you do all of this with one thought in mind: “How does God want to direct me so that I can play a role and be used for His purpose?” What is most difficult for you to accept about the concept of God being in charge?

“What would Jesus do?” is a “decision making filter” that can dramatically improve your life. What distracts you from thinking this way? When it comes time to make decisions, how can you focus on what Jesus would do?

What part of your life are you most afraid to turn over to God? Why do you think you want to keep control of this areas?

Faith Goals:



FITNESS

Fitness Goal:



FUEL

Put together a daily menu that would include the correct amounts of food from each group. Include 3 meals and snacks. Include the quantities of each food item.

What changes do you need to make to your existing diet to keep it in line with what the USDA suggests?

List 6 healthy sources of protein.

Fuel Goal:

Week 4



FAITH

What is causing you stress in your life?

What one specific thing can you change in your life right now that would give you more peace and contentment?

Write out a verse that you feel will help you with replacing stress with peace. Write it down and memorize it.

What does this quote by Eleanor Roosevelt mean to you? “No one can make you feel inferior without your consent.” How does it tie into peer pressure?

Are you ready to set up a system for handling your money? What percentages do you think should go toward spending, savings, and giving? Write down how you would distribute \$10 into these areas?

Faith Goals, Week Four:



FITNESS



Perform each move in the order it is listed. Wait 1 minute between moves. Record your results below

- Push-ups (Hands Wide): 1 Minute _____
- Sit-ups: 1 Minute _____
- High Knee Jogging: 1 Minute _____
- Tricep Push-ups: 1 Minute _____
- Jumping Jacks: 1 Minute _____
- Mountain Climbers: 1 Minute _____
- Squats: 1 Minute _____

Fitness Goal:



FUEL

What percentage of your calories should come from fat? Carbohydrates? Protein?

If a product has 16 grams of sugar, how many teaspoons of sugar are in the product? What about if it has 24 grams of sugar? How much sugar do you need each day?

Test One

(Material from weeks 1-4)

1. Decreased risk of heart disease is a benefit of exercise?
True False

2. You can eat as much healthy food as you would like and you will not gain weight?
True False

3. In which of the following verses does Jesus say that He is going to heaven to prepare a room for you?
 - A. Romans 12:2
 - B. John 14:2
 - C. Matthew 3:5
 - D. James 3:4

4. When doing a tricep pushup your hands should be?
 - A. Wider than your shoulders
 - B. Under your shoulders
 - C. Narrower than your shoulders

5. In Ezekiel 4:9 it explains how to make?
 - A. Healthy Drink
 - B. Healthy Bread
 - C. Healthy Chicken Dish

6. The five food groups listed on the web site www.choosemyplate.gov does NOT include?

- A. Dairy
- B. Protein
- C. Sugar
- D. Fruit

7. The word gluttony means?

- A. To speak with kindness
- B. Habitual eating to excess
- C. To remove from your life

8. What percentage of your daily calories should come from fat?

- A. 5% - 15%
- B. 16% - 25%
- C. 26% - 40%
- D. More than 40%

9. What percentage of your daily calories should come from carbohydrates?

- A. 15% - 25%
- B. 26% - 35%
- C. 36% - 45%
- D. More than 45%

Week 5



FAITH

In order to know if you are obeying God you need to continue to read the Bible so you know how He wants you to live. Are there certain areas of His teachings you are trying to obey but continue to struggle with?

List 2 things you can do to help you make the changes God wants you make in your life?

Other than following His commandments and teachings, what other ways do you show God your love for Him?

Write two verses that give an example of commands that God asks us to obey.
(Example [Luke 6:28](#))

Faith Goal:



FITNESS

Fitness Goal:



FUEL

Fuel Goal:

Week 6



FAITH

Getting quiet and stopping your mind from racing is the hardest part of prayer for quite a few people. If this is a challenge for you, what do you think might help you quiet your mind before you pray?

What is the most effective thing you can do in the next seven days to improve your prayer life?

Do you feel that the way you pray shows God you love Him? In what ways?

What verse on prayer touched your heart (either one listed above or a different verse you have read before)? Write the verse below and memorize it.

Faith Goal:



FITNESS

Fitness Goal:



FUEL

Fuel Goal:

Week 7



FAITH

If you are having a hard time hearing God's voice do you have any sins that you haven't confessed and turned away from. Do you have any broken relationships that you need to mend? Do you really believe God wants to talk to you? What do you need to adjust so that you can better hear God's voice?

Has there been a time in your life when you heard God clearly? Which of the five ways did you hear Him? If not why do you think you are having difficulty hearing from God?

What can you do to be led by God's voice more consistently each day of your life?

Faith Goal:



FITNESS

Fitness Goal:



FUEL

Fuel Goal:

Week 8



FAITH

How does it make you feel when you consider submitting to God? Does it feel safe, uncomfortable, confusing..?

Why do you think you feel that way?

What do you think you can do to change those feelings to those of feeling free and safe?

If submitting is something you struggle with, remember God loves you more than you can imagine and He wants you to live life to the fullest. He has a plan for you that is way better than any plan you could conjure up! Listen to “More” by Matthew West. How does this song change your feelings on worshipping God?

Check out these three Bible verses (Psalm 100 1-2; Psalm 95:6; 2 Kings 17:36) Pick one that helps you understand what it means to worship God and write it below.

Faith Goal:



FITNESS

This week, during one workout, take your pulse three times. (Press PAUSE and take your pulse for 10 seconds. Write it down. When you are finished with the workout, figure out your target heart rate.) During another workout, use the “talk test” three times and write your results below.

If you are 18 years old what is your target heart rate range?

Fitness Goal:



Perform each move in the order it is listed. Wait 1 minute between moves. Record your results below

Push-ups (Hands Wide): 1 Minute _____

Sit-ups: 1 Minute _____

High Knee Jogging: 1 Minute _____

Tricep Push-ups: 1 Minute _____
Jumping Jacks: 1 Minute _____
Mountain Climbers: 1 Minute _____
Squats: 1 Minute _____



FUEL

List 3 changes you can make to your diet so that you eat more whole grains.

Fuel Goal:

Journal any thoughts, breakthroughs, or frustrations you experienced during the week:

Test Two

(Material from weeks 5-8)

1. What percentage of your body is water?
 - A. 5% - 15%
 - B. 16% - 25%
 - C. 26% - 35%
 - D. Over 35%

2. How much water should most people drink daily?
 - A. 20 ounces – 30 ounces
 - B. 31 ounces – 40 ounces
 - C. 41 ounces – 50 ounces
 - D. More than 50 ounces

3. What affects how much water you need?
 - A. Climate
 - B. Activity Level
 - C. Illness
 - D. All the above

4. Why is stretching important?
 - A. It increases your metabolism
 - B. It increases your appetite
 - C. It removes lactic acid
 - D. All the Above

5. You should wait at least 2 hours before eating breakfast?
True False

6. Muscle Confusion is dangerous?
True False

7. How many teaspoons of sugar are in 12 grams of sugar?

- A. 12
- B. 6
- C. 3
- D. 4

8. If you take your pulse for 10 seconds and you get 12 beats what is your heart rate?

- A. 120
- B. 48
- C. 60
- D. 72

9. What verse says, “All scripture is God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness.”

- A. 1 Timothy 2:3
- B. John 3:12
- C. 2 Timothy 3:16
- D. Mark 6:4

Week 9



FAITH

Write out the above verses with your name inserted in for *love* and *it*.

What's the hardest thing for you about loving others on a consistent basis?

Can you think of a time when you selflessly served and loved someone and it ended up being a blessing to you? What happened? What did it feel like?

What can you do now to show more love to others?

Who do you feel God has put into your life who really needs to feel loved? What can you do to show them you care and that God loves them?

Faith Goal:



FITNESS

Fitness Goal:



FUEL

Fuel Goal:

Week 10



FAITH

Read Matthew 25:31-46. What are your thoughts about this passage?

Which one of the verses I shared with you above motivates you most to show God's love by serving others?

Serving others can take on many forms. You can serve your family, work with a local ministry, serve within your church, or help nationally or internationally on a mission trip. Where do you feel God is calling you to serve others?

What can you do this week to follow God's call to serve someone?

Faith Goal:



FITNESS

Fitness Goal:



FUEL

Fuel Goal:

Week 11



FAITH

Read Matthew 25:35-40. How do these verses encourage you to love your neighbor?

Which of the above verses really jumped out at you as something you need to work on? Copy the verse onto a note card that you can carry with you. Read it throughout the week.

Faith Goal:



FITNESS

Fitness Goal:



FUEL

Fuel Goal:

Week 12



FAITH

Ephesians 6:13-17 instructs you to put on God's armor. What is God's armor?

How can this help you when dealing with peer pressure and other temptations?

Write out a script where someone is trying to pressure you to do something you shouldn't do. Write out your responses so that you are prepared if it happens.

Do you feel there is sin in another believer's life that you need to address? If there is, pray Psalm 139:23 -24 before talking with that person: "Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." Ask God to point out anything in your own life that you should change. Ask God to point out if your motives are in the wrong place. After praying this, how do you feel God is leading you? (You might need to take time in prayer and come back to this question.)

Do not be afraid to reach out and help someone once you have prayed about it and feel God leading you to intervene. Just before the conversation, ask the Holy Spirit to give you the proper words.

Faith Goal:



FITNESS



Perform each move in the order it is listed. Wait 1 minute between moves. Record your results below

- Push-ups (Hands Wide): 1 Minute _____
- Sit-ups: 1 Minute _____
- High Knee Jogging: 1 Minute _____
- Tricep Push-ups: 1 Minute _____
- Jumping Jacks: 1 Minute _____
- Mountain Climbers: 1 Minute _____
- Squats: 1 Minute _____

Fitness Goal:



FUEL

Fuel Goal:

Test Three

(Material from weeks 9-12)

1. What is metabolism?
 - A. the amount of energy (calories) your body burns to maintain itself
 - B. the amount of energy needed to lose 1 pound
 - C. the process of converting food into energy
 - D. the elimination of toxins from your body
2. What form of exercise is best at increasing your metabolism?
 - A. Stretching
 - B. Cardio vascular
 - C. Strength training
 - D. Warm-up
3. In what verse does it say, "If I gave everything I have to the poor and even sacrificed my body, I could boast about it, but if I didn't love others, I would have gained nothing"
 - A. John 3:17
 - B. Romans 12:17
 - C. 1 Corinthians 13:3
4. What is the opposing muscle to the bicep?
 - A. Hamstring
 - B. Tricep
 - C. Pectoral
 - D. Quadriцеп
5. What is found in mushrooms that promotes healthy skin?
 - A. Vitamin C
 - B. Riboflavin
 - C. Citric acid
 - D. Essential Amino Acids

6. In Ephesians Chapter 6 we are taught to put on the armor of God. What is included in His armor?
- A. Belt of truth
 - B. Shield of faith
 - C. Sword of the Spirit
 - D. All the above
7. What type of healthy fat is found in salmon?
- A. Omega-3
 - B. Saturated Fat
 - C. Trans-fat
8. What type of fat is most harmful to your body
- A. Unsaturated fat
 - B. Monosaturated
 - C. Trans-fat
 - D. Polyunsaturated
9. In what verse does Paul say, “Our purpose is to please God, not people. He alone examines the motives of our hearts.”
- A. James 3:1
 - B. John 10:10
 - C. 1 Thessalonians 2:4
 - D. Romans 4:2

Week 13



FAITH

This is some pretty heavy stuff. How do you feel after reading this?

Which of Jesus' statements about what it takes to be a disciple most challenges you?

What are two specific things you can start doing immediately to grow in your faith to prepare you to go and make disciples?

Faith Goal:



FITNESS

Fitness Goal:



FUEL

Fuel Goal:

Week 14



FAITH

What jumps out at you after reading this?

What's the one thing you can do to help your family get to know God and grown closer to Him?

What is "your story"? What would you say if someone asked you, "Why do you believe in God?" or "Why do you seem so happy most of the time?"

Pray and ask God to show you who is ready to hear the truth about Jesus. Write their names down below. Do not feel like you need to answer this question immediately.

Faith Goal:



FITNESS

Fitness Goal:



FUEL

Fuel Goal:

Week 15



FAITH

What excites you most about sharing your faith with those in your community?

What scares you most about sharing your faith with those in your community?

Sometimes sharing your faith begins with letting people know you are a believer. What are some things you can do to let people know you are a Christian? (Christian clothing, bumper stickers on the family car, a cross on the wall in your home, taking meals to those in need and including a verse, offering to pray for specific issues people are dealing with, loving the way Jesus says to love, etc.)

Faith Goal:



FITNESS



Perform each move in the order it is listed. Wait 1 minute between moves. Record your results below

- Push-ups (Hands Wide): 1 Minute _____
- Sit-ups: 1 Minute _____
- High Knee Jogging: 1 Minute _____
- Tricep Push-ups: 1 Minute _____
- Jumping Jacks: 1 Minute _____
- Mountain Climbers: 1 Minute _____
- Squats: 1 Minute _____

Fitness Goal:



FUEL

Fuel Goal:

Journal any thoughts, breakthroughs, or frustrations you experienced during the week:

Test Four

(Material from weeks 13-15)

1. What does the word “disciple” mean?
 - A. Worship
 - B. Prophet of God
 - C. Christ follower
 - D. Submerge in water

2. How many calories equal 1 pound?
 - A. 500
 - B. 200
 - C. 3,500
 - D. 600

3. What does the Greek word “agape” mean?
 - A. Brotherly love
 - B. Unconditional love
 - C. Lover of sin
 - D. Being a disciple

4. Who did God ask to lead the Israelites out of Egypt?

A. Jonah

B. Jesus

C. Moses

D. Paul

5. What is the minimum recommended amount of time school age children should exercise daily?

A. 30 minutes

B. 45 minutes

C. 60 minutes

D. 90 minutes

6. Free radicals can damage the body through a process called?

A. Radicalization

B. Oxidative Stress

C. Osmosis

D. Particle Damage

7. What verse states, “No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.”

A. Hebrews 11:12

B. Hebrews 12:11

C. Mark 6:2

D. John 9:11

8. In John 4, Jesus talks to a Samaritan woman at the well. What does the woman do when she leaves the well?

A. Weep

B. Feed the poor

C. Cook dinner for Jesus

D. Tell the people in the town what Jesus said

9. If you are at a healthy weight you really shouldn't exercise.

True

False

Week 16



FAITH

Put together a personal discipling plan. Please put some time into this. First, look back over week 13 and review what it means to be a disciple. How can you make disciples in your family, community, and in other nations?

What missions program do you find yourself most passionate about? Investigate the needs of some mission programs. Why do you think you are most passionate about it?

Do you feel God calling you to help with missions? If so, in what way?

Faith Goal:



FITNESS

Fitness Goal:



FUEL

Fuel Goal:

Week 17



FAITH

What part of the concept, *God owns everything*, is the hardest to understand?

Jim Elliot said, "He is no fool who gives what he cannot keep to gain that which he cannot lose." What does this quote mean to you?

Is there something you are holding onto so tightly that you can't let it be considered part of what God owns? What can you do to trust God enough to give it over to Him?

How do you feel you can use the talents God gave you to help others?

Are you willing to give some of your money back to God? (It's really all God's, but we'll call it your money.) If so, where would you like to make that donation?

Faith Goal:



FITNESS

Fitness Goal:



FUEL

Fuel Goal:

Week 18



FAITH

Faith Goal:



FITNESS



Perform each move in the order it is listed. Wait 1 minute between moves. Record your results below

- Push-ups (Hands Wide): 1 Minute _____
- Sit-ups: 1 Minute _____
- High Knee Jogging: 1 Minute _____
- Tricep Push-ups: 1 Minute _____
- Jumping Jacks: 1 Minute _____
- Mountain Climbers: 1 Minute _____
- Squats: 1 Minute _____

Fitness Goal:



FUEL

Fuel Goals, Week Eighteen

Test Five

(Material from weeks 16-18)

1. What type of cholesterol is called “good cholesterol”?
 - A. HDL
 - B. LDL
 - C. Positive cholesterol
 - D. Negative cholesterol
2. Where in the Bible does it say “it is more blessed to give than to receive”?
 - A. Philippians 4:13
 - B. Acts 20:35
 - C. John 15:5
3. What part of your body produces about 1,000 mg of cholesterol daily?
 - A. Heart
 - B. Liver
 - C. Pancreas
 - D. Esophagus
4. Where is the only place in the Bible where God says “test me”?
 - A. Deuteronomy 7:12
 - B. Malachi 3:10
 - C. Mark 9:7

5. What is the benefit of doing bench press on an exercise ball compared to a bench?
- A. You will stabilize your pectoral muscles
 - B. You will decrease the damage from the negative motion
 - C. You will engage more muscles
 - D. You can lift a heavier weight
6. In 2 Timothy 1:7 (NLT Translation) it says that God does not give you the spirit of fear and timidity. What three things does it say God gives you?
- A. Love, gentleness, kindness
 - B. Strength, knowledge, victory
 - C. Power, love and self-discipline
 - D. Patience, kindness and goodness
7. What is the name of the book that talks about how exercise affects our ability to learn?
- A. Free to Learn
 - B. Geared to Greatness
 - C. Blast
 - D. Spark

8. Approximately, how many grams of fiber should a 15 year old have daily?

A. 20

B. 15

C. 10

D. 30

9. In what Psalm does it tell you that you are fearfully and wonderfully made?

A. Psalm 121:5

B. Psalm 139:14

C. Psalm 32: 4

D. Psalm 123: 9