



UNION TEMPLE BAPTIST CHURCH

21-DAY HEALTH CHALLENGE WORKBOOK



SEPTEMBER 10-30TH



A 21-DAY HEALTH CHALLENGE GUIDELINES

SEPT 10-30TH

DO YOU NOT KNOW THAT YOUR BODIES ARE TEMPLES OF THE HOLY SPIRIT, WHO IS IN YOU, WHOM YOU HAVE RECEIVED FROM GOD? YOU ARE NOT YOUR OWN; YOU WERE BOUGHT AT A PRICE. THEREFORE, HONOR GOD WITH YOUR BODIES. (1 CORINTHIANS 6:19-20)

REGISTER FOR THE CHALLENGE AT [HTTPS://LINKTR.EE/UNIONTEMPLE](https://linktr.ee/uniontemple) OR US THE QR CODE ----->

21-DAY GOALS

1. EAT BALANCED DIET.
2. DRINK MORE WATER.
3. GET ENOUGH SLEEP.
4. EXERCISE REGULARLY
5. AVOID PROCESSED FOODS.
6. LIMIT SODA AND ALCOHOL
7. REDUCE STRESS LEVELS.

RECOMMENDED HEALTH ACTIVITIES:

1. **YOGA FLOW** – SATURDAYS SEPT 2ND -OCT 22ND 9 A (UTBC) BRING YOUR YOGA MAT.
2. **POWER UP MORNING PRAYER** WITH PASTOR ANIKA BEGINNING SEPT 5TH (FB & IG 6 A TUESDAYS-FRIDAYS)
3. **“DISEASE FREE IN ‘23” ALL-NATURAL COMMUNITY HEALTH FAIR AND SEMINAR** – SEPT 16TH 10A-4P (UTBC)
4. **UTBC MEN OF THE TEMPLE PROSTATE CANCER WALK** – SEPT 23RD (HAINES POINT)



21-DAY HEALTH CHALLENGE

DAILY COMMITMENT

STEP ONE

MOVEMENT

WALK, JOG, WORKOUT, EXERCISE
FOR AT LEAST 21 MINUTES PER DAY
FOR 21 DAYS

STEP TWO

MEDITATION

SPEND AT LEAST 21 MINUTES EACH
DAY IN PRAYER AND MEDITATION
WHILE STUDYING THE SCRIPTURE
FOR THE DAY

STEP THREE

MEALS

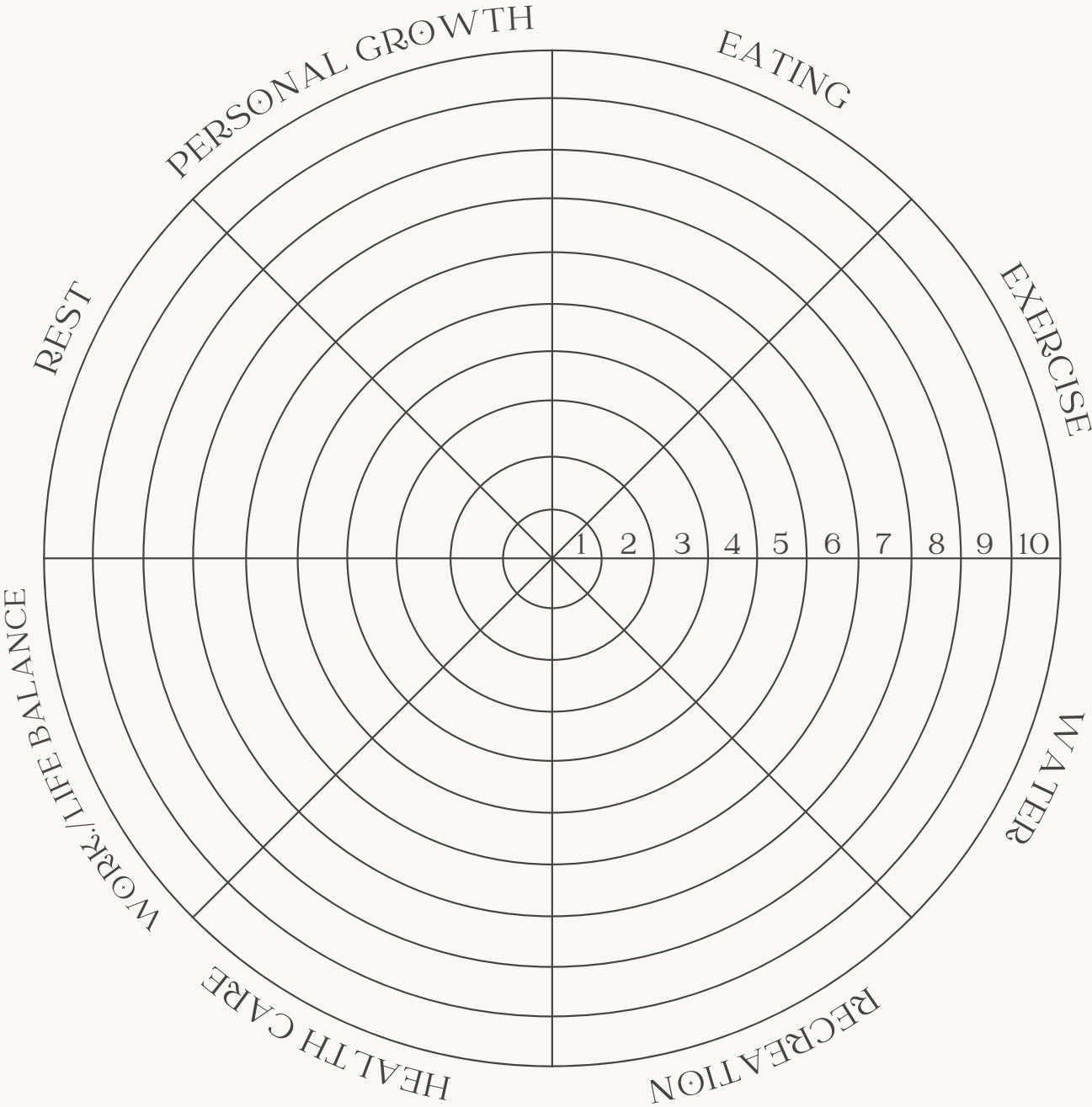
BE INTENTIONAL FOR 21 DAYS
ABOUT YOUR MEALS. EAT WHOLE
FOODS AS MUCH AS POSSIBLE,
DRINK MORE WATER!



HEALTHY HABITS

WHEEL OF YOUR LIFE

THE WHEEL OF LIFE IS A GREAT TOOL THAT HELPS YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 (LOWEST) - 10 (HIGHEST). THIS WILL LET YOU KNOW WHAT HEALTHY HABITS YOU NEED TO FOCUS ON..



HEALTHY HABITS

INTENTIONS

DAILY AFFIRMATIONS

I AM GRATEFUL FOR

TOP GOALS FOR THE NEXT 21 DAYS

01

02

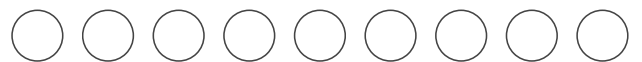
03

SCHEDULE

WATER



SLEEP



MOOD



PRAYER



MEDITATE ON THESE DAILY SCRIPTURES

WEEK ONE	WEEK TWO	WEEK THREE
SEPT 10TH 1 CORINTHIANS 6:19-20	SEPT 17TH PSALM 103:2-3	SEPT 24TH 3 JOHN 1:2
SEPT 11TH LUKE 9:1	SEPT 18TH MATTHEW 17:20	SEPT 25TH 1 TIMOTHY 4:8
SEPT 12TH ACTS 3:6-7	SEPT 19TH PSALM 43:5	SEPT 26TH PROVERBS 17:22
SEPT 13TH JOHN 11:39-44	SEPT 20TH PSALM 107:19-	SEPT 27TH PROVERBS 31:17
SEPT 14TH JEREMIAH 32:17	SEPT 21ST 2 KINGS 20:5	SEPT 28TH JEREMIAH 33:6
SEPT 15TH PSALM 91:16	SEPT 22ND LUKE 18:37-43	SEPT 29TH DEUTERONOMY 7:12- 15
SEPT 16TH PSALM 91:10	SEPT 23RD 1 CORINTHIANS 10:31	SEPT 30TH PROVERBS 4:20-22



21-DAY HEALTH CHALLENGE

DAILY ROUTINE

FILL IN THE SPACES BELOW WITH HEALTHY ACTIVITIES THAT YOU CAN DO IN THE MORNING AND AT NIGHT TO ESTABLISH HEALTHY HABIT FOR 21 DAYS. (YOU MIGHT WANT TO PRINT 21 COPIES OF THIS PAGE AS DAILY CHECKLIST)

MORNING HEALTHY ROUTINE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

NIGHTLY HEALTHY ROUTINE

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____



MONTHLY REFLECTION

21-Day Health Challenge

NAME:

DATE:

◆ Wins

◆ How do you feel?

◆ Challenges

◆ How can you improve ?

Accomplished Goals

Unaccomplished Goals

Goals Next Month

Habits Retained

Habits Eliminated

New Habits Developed

(Good & Bad)

Three things that I am most grateful for over the 21 Days:

Two life lessons I learned over the last 21 Days:

One word that best describes this challenge:

How will you rate this month?

