

75 DAY challenge

4F RECOVERY

FITNESS FOOD FAITH FAMILY

challenge rules

week 1
week 2
week 3
week 4
week 5
week 6
week 7
week 8
week 9
week 10
week 11

FITNESS (WEEKLY)

5x 30-min workouts
2x 15-min recovery

FOOD (DAILY)

No alcohol (6 days)
Less than 1500 mg salt (6 days)
95 oz water
5 servings veggies
2 servings fruit

FAITH (DAILY)

Prayer journal
Bible reading
Worship service (1 day)

FAMILY (WEEKLY)

2 conversation starters
1 chore together
1 recreational activity
1 family devotional
1 husband-wife devotional
1 husband-wife date

Congrats!
KEEP UP THE
GOOD HABITS

