



You got this!

March Into Your Purpose

The SPOT Church Wellness Ministry is inviting you to participate in our March Wellness Challenge. You can choose to participate in any and all of the options, to coincide with our Spring Corporate Fast. Use the 21 day tracker to help stay committed and monitor your progress.



Read 1 chapter of Proverbs

In the book of Proverbs, read one chapter a day.
Reflect on the scripture and look for ways to apply it to your daily life.



Pray for Someone Else

The prayers of the righteous availeth much.
Each day, pray for a different person. The person can be a family member, friend, or someone you do not know.



Drink 64oz of Water

Grab those water bottles! Strive for drinking at least 8 glasses of water each day. This is 64 ounces a day.



30mins of Physical Activity

Get your move on! Each day, do some form of physical activity. Take a walk, dance to music, do some stretching, jump rope, or choose an activity that gets your body moving.



Weigh Yourself

Need to drop a few pounds? This one is for you. Set yourself a goal to lose a set amount of weight by the end of the challenge.



March Into Your Purpose

you got this!

Week 1

	① Mon	② Tue	③ Wed	④ Thur	⑤ Fri	⑥ Sat	⑦ Sun
Read 1 chapter of Proverbs							
Pray for someone else							
Drink 64oz of water							
30 minutes of physical activity							
Weigh yourself daily							

Week 2

	⑧ Mon	⑨ Tue	⑩ Wed	⑪ Thur	⑫ Fri	⑬ Sat	⑭ Sun
Read 1 chapter of Proverbs							
Pray for someone else							
Drink 64oz of water							
30 minutes of physical activity							
Weigh yourself daily							

Week 3

	⑮ Mon	⑯ Tue	⑰ Wed	⑱ Thur	⑲ Fri	⑳ Sat	㉑ Sun
Read 1 chapter of Proverbs							
Pray for someone else							
Drink 64oz of water							
30 minutes of physical activity							
Weigh yourself daily							