



Week 1





Weekend Planning

Each Saturday or Sunday, spend time planning and visualizing your week. Each day, visualize each of the components below, how they will fit into your family's schedule, and identify *when* and/or *what* you will do. Commit and complete each day.
Remember the "sweet spot".





Monday:

Devotions	Nutrition	Fitness	Connect
			




Tuesday:

Devotions	Nutrition	Fitness	Connect
			

Wednesday:

Devotions	Nutrition	Fitness	Connect
			

Thursday:

Devotions	Nutrition	Fitness	Connect
			







Week 1





Weekend Planning

Suggestions when planning for...
 Scripture - identify the time of day and how much time.
 Nutrition - what you will have for dinner.
 Fitness - when, how much time, and what your workout will be.
 Connect - connect with the Facebook group, share with spouse, time with kiddos, friend/mentor, etc.





Friday:

Devotions	Nutrition	Fitness	Connect
			

Saturday:

Devotions	Nutrition	Fitness	Connect
			

Sunday:

Devotions	Nutrition	Fitness	Connect
			

When you reflect at the end of the week, revisit these pages and put a big ol' "X" on each square. This will provide a great visual of your accomplishments for the week!

Prayer Requests:

Also, identify areas where prayer is appreciated. Be sure to send a message, text, or share in the group. We will pray on Monday night.

