



Spirit & Muscle

Faith and Fitness Challenge

“Accelerated Success”

WORKBOOK

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Faith and Fitness Challenge Tracker

	<i>Faith Challenge</i>	<i>Video Training</i>	<i>Exercise Challenge</i>	<i>Nutrition Challenge</i>
<i>Day 1</i>	Complete <input type="checkbox"/> Notes:	Complete <input type="checkbox"/> Notes:	Complete <input type="checkbox"/> Notes:	Complete <input type="checkbox"/> Notes:
<i>Day 2</i>	Complete <input type="checkbox"/> Notes:	Complete <input type="checkbox"/> Notes:	Complete <input type="checkbox"/> Notes:	Complete <input type="checkbox"/> Notes:
<i>Day 3</i>	Complete <input type="checkbox"/> Notes:	Complete <input type="checkbox"/> Notes:	Complete <input type="checkbox"/> Notes:	Complete <input type="checkbox"/> Notes:
<i>Day 4</i>	Complete <input type="checkbox"/> Notes:	Complete <input type="checkbox"/> Notes:	Complete <input type="checkbox"/> Notes:	Complete <input type="checkbox"/> Notes:
<i>Day 5</i>	Complete <input type="checkbox"/> Notes:	Complete <input type="checkbox"/> Notes:	Complete <input type="checkbox"/> Notes:	Complete <input type="checkbox"/> Notes:



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Stretching Guide

Stretching on a regular basis can have many health benefits. Many people know that stretching after physical activity is important, but stretching every day regardless of physical activity is important as well.

Regular stretching improves your balance, strength and flexibility. It improves range of motion, reduces muscular tension and helps you manage muscle cramping. Stretching improves your posture. Stretching increases blood supply to your muscles and joints. Stretching reduces your risk of injury and helps relieve post-exercise aches and pains.



8 Tips For Safe Stretching

1. Check with your doctor or health professional before stretching if you have an injury, are unsure of how to stretch properly or have had a previous injury.
2. Warm up your muscles before stretching. Try walking a few minutes just to get the blood flowing. Stretching cold muscles may result in injury.
3. Only stretch to the point of mild discomfort. Once your muscle feels comfortable, increase the stretch then hold it again. If it hurts, you're pushing too hard.
4. Breathe normally when stretching. Do not hold your breath or perform special breathing exercises.
5. Hold a sustained stretch for 30 seconds at a time. Don't bounce when stretching. Over stretching can cause the muscle to spasm and can result in injury.
6. Stretch opposing muscle groups each time you stretch. If you start by stretching your hamstring, then follow by stretching your quads.
7. Make stretching part of your warm-up and cool-down activities. Beside injury prevention, it will also help put you in the right frame of mind.
8. Include stretching in your daily routine, even on rest days from exercise.

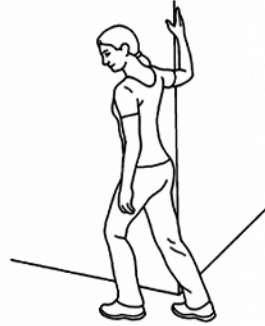
Spirit and Muscle - Stretching Guide (page 2)



Neck Stretch



Overhead Triceps, Lats, teres major Stretch



Pectorals Stretch



Shoulder Stretch



Knee-to-Chest Lower Back Stretch



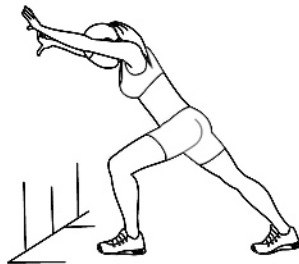
Cat Back Stretch



Cobra Abdominal Stretch / Old Horse Stretch



Kneeling Hip Flexor Stretch



Standing Calf Stretch



Standing Quadricep Stretch



Butterfly Stretch



Hamstring Stretch



Day 1 - Motivation Worksheet

The problem - lack of motivation. Motivation is defined as the process that initiates, guides, and maintains goal-oriented behaviors. Motivation is what causes you to take action, the reasons, desires and emotions that drive your behavior. The foundation of motivation is rooted in your reasons, desires and emotions. The main reason you haven't started your fitness journey yet is you haven't sufficiently answered the "why" questions: Why do you want/need to exercise? Why do you want/need to change your eating habits? There are many reasons to begin your fitness journey. The key is to dig down in yourself and build a solid foundation of reason, desire and emotion that has deep meaning to YOU.

Here are a few reasons to consider: Exercise and nutrition play a HUGE part in overall health and happiness. Many studies have shown a direct correspondence between exercise and "feel good" hormones, some even comparing their effects on the brain to cocaine! Other research suggests physical activity helps manage stress and depression. It's a known fact that a well-rounded fitness program helps curb chronic diseases such as hypertension, heart disease, type 2 diabetes and obesity. You will live longer, increase your stamina and quality of life, you'll even sleep better. Working out and eating healthy will give you a sense of accomplishment, and all this activity and good food WILL make you look better - both of which will boost your confidence. A win-win by all accounts, but it must become your own...

Exercise - Making it your own. Put a check next to the reason(s) below that carry the most weight with you and complete the sentence: (use the other side of this page if necessary)

- I want to feel better so that _____
- Losing those extra pounds is important to me because _____
- Building muscle is important to me because _____
- I want to be more active because _____
- I want to have more energy so I can _____
- I want to improve my health so I can _____
- I want to look better because _____
- I want to improve my stamina so I can _____
- I want to manage stress in my life in order to _____
- I want to live longer so I can _____

Summary - Write a few sentences stating your fitness goal(s) and the reason(s) behind them:



Day 2 - Estimated Calorie and Macronutrient Goals Worksheet

1. Enter your values from the Spirit and Muscle Online Calorie Calculator:

Maintain _____ Lose weight _____ Build Muscle _____

2. Choose your goal of weight loss or muscle building and enter below:

Daily Target Calorie Goal _____

3. Multiply your daily target calorie goal by the following percentages to determine your daily Macronutrient goals:

(daily calories) _____ X .25 = _____ Fat calories

(daily calories) _____ X .35 = _____ Protein calories

(daily calories) _____ X .40 = _____ Carbs calories

4. Divide your macronutrient calories from above by the number of calories-per-gram to determine your Macronutrient goals in grams:

(Fat calories) _____ ÷ 9 = _____ grams of Fat

(Protein calories) _____ ÷ 4 = _____ grams of Protein

(Carbs calories) _____ ÷ 4 = _____ grams of Carbs

Congratulations! You now know your approximate target calories per day and macronutrient breakdown! That's all for today, tomorrow you'll learn what to do with all these numbers.

Day 3 - Stand Up to Your Inner Critic Worksheet

When a negative low-confidence thought comes to you, like "I could never do this" or "I could never look like that," ask yourself who or what told you that thought? Decide if you want to allow that thought to have control over you. Then consciously make the decision to renew your mind, to replace that negative thought with the positive Biblical alternative, like "I can do all things thru Christ who gives me strength." Whenever that negative thought returns, immediately identify it, reject it, and repeat the positive Biblical alternative. Take time to work through this process with the top 2 or 3 negative thoughts that haunt you:

1.	<p>1. Identify negative thought and write it down: _____ _____</p> <p>2. Who or What told you that thought? _____</p> <p>3. Do you want that negative thought to control you? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>4. Write down the positive Biblical alternative thought you want to think: _____ _____</p> <p>5. Repeat this positive thought several times daily.</p>
2.	<p>1. Identify negative thought and write it down: _____ _____</p> <p>2. Who or What told you that thought? _____</p> <p>3. Do you want that negative thought to control you? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>4. Write down the positive Biblical alternative thought you want to think: _____ _____</p> <p>5. Repeat this positive thought several times daily.</p>
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Day 4 - SMART Fitness Goals Worksheet

1. Name a long term 6 month to one-year fitness goal; where do you want to be one year from today? (examples: lose X pounds, run a 5K, wear X size clothing, get off cholesterol or type 2 diabetes meds)

2. Now let's refine your goal by running it through the SMART goal filter:

Specific: What exactly will you accomplish? _____

Measurable: How will you track your progress? _____

Attainable: Do you have the skills and resources to achieve this goal? _____

Relevant: How is this goal meaningful to you? _____

Time-bound: By what date will you achieve this goal? _____

3. If necessary, re-write your long term SMART goal: _____

4. Break down your long term goal into several short term goals, maybe monthly or weekly goals:

Short term goal 1. _____

2. _____

3. _____

******Repeat for one or two more long term fitness goals. Use additional paper if necessary.******

1. Name your long term 6 month to one year goal:

2. Refine your goal by running it through the SMART goal filter:

Specific: What exactly will you accomplish? _____

Measurable: How will you track your progress? _____

Attainable: Do you have the skills and resources to achieve this goal? _____

Relevant: How is this goal meaningful to you? _____

Time-bound: By what date will you achieve this goal? _____

3. If necessary, re-write your long term SMART goal: _____

4. Break down your long term goal into several short term goals, maybe monthly or weekly goals:

Short term goal 1. _____

2. _____

3. _____



tentative

Day 5 - Weekly Meal Planning Worksheet

Breakfast Ideas • Lunch Ideas • Snack Ideas • Dinner Ideas

Ingredients

• Shopping List

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Day 5 - Healthy Meal Planning Ideas

Eggs and Toast:

Eggs or egg whites
Whole grain bread
Butter or alternative
Fruit of choice



Protein Shake & Cereal:

Protein powder
Whole grain cereal
Milk or milk alternative



Pancakes Breakfast:

Healthy pancake mix
Low or no-sugar syrup
Butter or alternative
Eggs or egg whites



Chicken Pita Sandwich:

Pita bread
Chicken or alternative
lettuce, tomatoes, avocado
Tahini, hummus or mayo



Soup and Sandwich:

Whole grain bread
Healthy lunch meat
Low fat mayonaise
Mustard
Healthy canned soup



Healthy Tacos:

meat or tofu
tortillas
salsa
lettuce, tomatoes
seasonings



Chicken & Pasta:

chicken or tofu
whole grain pasta
Pasta sauce
Spinach or other vege



Meat and Potatoes:

Beef or meat of choice
Potatoes
Low fat sour cream
Mixed vegetables



Healthy Pizza:

Flat bread or whole-wheat pizza dough
low fat mozzarella
Pizza sauce
healthy pizza toppings



Healthy Snack Ideas:

Fresh fruit
Greek yogurt and berries
Protein bar
Dark chocolate
Cottage cheese
Popcorn
Vegies with hummus
Cracker and avocado

Celery with Pb2
Jerky
Greek cucumber salad
Apples and Pb2
Edamame
Instant oats
Watermelon skewers
Tomato bruschetta
Dried fruit