

Sprint (Athletically Advanced)

Template

Example:

Purpose Statement: *By the end of the 40 Days of Pursuit, I will have a lower body fat percentage, better cardiovascular endurance, more intimacy with God, more peace, and stronger relationships.*

- **God-** I will pray/worship for 10-20 minutes every morning and read Scripture for 10-15 minutes.
- **God's Body-** I will meet with my Life Group weekly for Bible Study, prayer, and accountability.
 - **Questions to ask each other weekly:**
 - **What are you working on?**
 - **How can I pray for you?**
 - **How are you sleeping?**
- **My Body-** I will go to the gym 5 days a week and eat a high-protein, low-carb diet.

Goal Ideas:

1. God
 - a. Pray/worship 10-20 minutes per day
 - b. Read Scripture 10-20 minutes per day
 - c. Limit secular music to 1-2 days per week or eliminate it
 - d. Fast from social media, food, or TV for 1-3 days at a time
2. God's Body
 - a. Join a Life Group
 - b. Find a prayer partner
 - c. Engage a gym buddy
 - d. Do family devotionals
 - e. Check in weekly with an accountability partner/group for mental health checks and progress on goals
3. My Body

- a. Walk/run 3-4 miles 3x per week
- b. Incorporate a balance of weight training, HIIT, and cardiovascular exercise each week
- c. Eliminate processed foods
- d. Include more colors of the rainbow among fruits and vegetables daily
- e. Increase fiber intake and protein daily
- f. Include probiotics and prebiotics in daily diet
- g. Drink half your body weight in ounces of water daily

Fill in the Blanks:

Purpose Statement: *By the end of the 40 Days of Pursuit, I will _____*
(Insert overall vision for your relationship with God, your relationships with others, and the condition of your own body—the temple of the Holy Spirit.)

I will pursue wholeness in ...

- **God-** I will _____ *(Insert goals for prayer, worship, and Scripture.)*
- **God's Body-** I will _____ *(Insert goals for your relationship with other believers, whether family, friends, or small group.)*
- **My Body-** I will _____ *(Insert goals for fitness, nutrition, or other areas of physical wellness.)*