

Tempo Run (Beginner)

Template

Example:

Purpose Statement: *By the end of the 40 Days of Pursuit, I will have lower blood sugar, a stronger heart, more intimacy with God, more peace, and stronger relationships.*

- **God-** I will pray for 10 minutes every morning and read one chapter a day in the Bible.
- **God's Body-** I will pray with my buddy on the phone every Tuesday and check in with him each week to see how he is doing.
 - **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 run 1 mile twice a week and I'm eliminating desserts.

Goal Ideas:

1. God
 - a. Pray/worship 5-20 minutes per day
 - b. Read Scripture 5-20 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. 30-50 squats and 10-20 push-ups 3x per week
 - b. Walk around the neighborhood 2-3 days per week

- c. Go to the gym twice a week
- d. Do a 15-30-minute workout video 2-3 days a week
- e. Add 1 fruit and 1 vegetable per day
- f. Drink 3 more cups of water per day than usual
- g. Eliminate sweets

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.)*