

Strength 4:13 | Training Day

TD30

The 30-Day Challenge Workbook

Four pillars -- physical, emotional, mental, spiritual -- over thirty days. One page a day. Print it, keep it somewhere you will see it, and fill it in by hand.

Name _____

Start date _____

Accountability partner _____

PLEASE READ FIRST

General guidance for building healthy habits, not medical or nutrition advice. Every number in this workbook is an adjustable estimate -- start there, watch what your body does over two weeks, and adjust. Talk to a doctor before starting any new exercise or eating plan, especially if you are pregnant, managing a health condition, or taking medication.

Interactive versions of every calculator in this workbook live at www.strength413.org/tools

START HERE

How This Works

This is a 30-day challenge built around four pillars: physical, emotional, mental, and spiritual. Each week focuses on one pillar and adds new daily requirements. By Week 4 you are doing everything.

A TYPICAL DAY

- Wake up one hour earlier than your current wake-up
- Pushups and prayer (your morning anchor, separate from the workout)
- The day's workout
- Track all your calories
- Read the scripture on today's page
- Drink your water target
- Answer the journal prompt

WHAT YOU NEED

- A Bible (any translation)
- A calorie tracking app, or the log pages in this workbook
- Your body -- no gym membership, no equipment

HOW TO USE THESE PAGES

Each week opens with a page holding that week's workout and non-negotiables. Then come seven day pages. Read the scripture, do the work, tick the checklist, and write the journal entry the same day -- not three days later from memory.

Days 7, 14, 21, and 28 are reflection days. The workout comes off and a weekly review goes on, so you can see what the week actually looked like instead of what you remember it looking like.

Miss a day? Do not restart and do not double up. Pick the challenge back up on the next page and keep going. Thirty days of mostly showing up beats four days of perfect and then quitting.

General guidance for building healthy habits, not medical or nutrition advice. Every number in this workbook is an adjustable estimate -- start there, watch what your body does over two weeks, and adjust. Talk to a doctor before starting any new exercise or eating plan, especially if you are pregnant, managing a health condition, or taking medication.

The Training Day Creed

I will discipline my body because it is connected to my soul.

I will tell the truth about where I am, and let myself be known.

I will show up, resist what pulls me backward, and do the work especially when I don't feel like it.

My strength comes through surrender to something greater than me. I was not made to do this alone.

I will live beyond myself, serve the people around me, and leave no one behind.

Philippians 4:13.

Read the creed aloud before you begin Day 1. Sign and date it below to commit, and come back to it whenever the challenge gets hard.

Signed _____

Date _____

Your Numbers

Run the calculators at www.strength413.org/tools and copy the results here, or work them out by hand with the formula below. These are estimates to start from, not prescriptions.

STEP 1 -- BMR (MIFFLIN-ST JEOR)

Men: $(10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age}) + 5$. Women: the same, minus 161 instead of plus 5. Pounds to kilograms: divide by 2.2. Inches to centimetres: multiply by 2.54.

BMR (calories/day) _____

STEP 2 -- ACTIVITY MULTIPLIER

- Sedentary (Desk job, little exercise) -- multiply by 1.2
- Lightly active (Light exercise 1-3 days a week) -- multiply by 1.375
- Moderately active (Moderate exercise 3-5 days a week) -- multiply by 1.55
- Very active (Hard exercise 6-7 days a week) -- multiply by 1.725
- Athlete (Hard daily training or a physical job) -- multiply by 1.9

Maintenance calories (BMR x multiplier) _____

STEP 3 -- GOAL ADJUSTMENT

- Lose weight: -500 calories a day (roughly a pound a week)
- Maintain: 0 calories a day (hold steady)
- Gain weight: +350 calories a day (lean, gradual gain)

Daily calorie target _____

STEP 4 -- MACROS

Protein first: 0.8 g per pound of bodyweight, or 1.0 g per pound while losing weight. Then fat: 0.35 g per pound. Carbs get whatever calories are left over (protein and carbs are 4 calories a gram, fat is 9).

Protein (g) _____

Fat (g) _____

Carbs (g) _____

Adjust, do not obsess. Hold these numbers for two weeks, then judge them on what the scale, the mirror, and your energy actually did, and change one thing at a time. General guidance for building healthy habits, not medical or nutrition advice.

30-Day Progress Tracker

Mark each day you completed every non-negotiable. Partial days count for something, but only a full day gets the box.

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

WEEK CHECK-INS

Week 1 -- days completed /7 _____

Week 2 -- days completed /7 _____

Week 3 -- days completed /7 _____

Week 4 -- days completed /7 _____

STARTING MEASUREMENTS (OPTIONAL)

Weight _____

Resting heart rate _____

Max pushups in one set _____

How I feel, in one sentence _____

SHOW UP

JOSHUA 1:9

Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.

WORKOUT (~15-20 MINUTES)

- 10 pushups (modify on knees if needed)
- 10 bodyweight squats
- 20-second plank hold
- 15-minute walk or jog

Pushups this week -- Morning ritual: 10. Workout: 10. Total: 20.

NON-NEGOTIABLES (7 DAILY ITEMS)

- Wake up one hour earlier than your current wake-up
- Pushups + prayer (10 pushups, then 2 min prayer)
- Workout
- Track all calories
- Read the verse on today's page
- Drink 64 oz of water
- Journal (answer the day's prompt)

Scale any movement to your body. Stop a set when your form breaks, not when it burns.

Your Body Is Connected to Your Soul

1 CORINTHIANS 6:19-20

Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.

Your body isn't separate from your spirit. How you treat one affects the other. The next 30 days work on both at the same time.

TODAY'S FOCUS

Notice one moment today where your physical state affects your mood or thinking.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier than your current wake-up
- ☐ Pushups + prayer (10 pushups, then 2 min prayer)
- ☐ Workout
- ☐ Track all calories
- ☐ Read the verse on today's page
- ☐ Drink 64 oz of water
- ☐ Journal (answer the day's prompt)

JOURNAL

How many hours did you sleep last night? What kept you up?

Strength Is More Than How You Look

1 TIMOTHY 4:8

For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

Physical training has value, but the real point is what it builds inside you. What it builds is discipline, resilience, and follow-through.

TODAY'S FOCUS

During your workout, pay attention to the moment you want to quit and what happens when you don't.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier than your current wake-up
- ☐ Pushups + prayer (10 pushups, then 2 min prayer)
- ☐ Workout
- ☐ Track all calories
- ☐ Read the verse on today's page
- ☐ Drink 64 oz of water
- ☐ Journal (answer the day's prompt)

JOURNAL

What did you feel when the alarm went off this morning? What got you up?

Fuel Your Body with Intention

1 CORINTHIANS 10:31

So, whether you eat or drink, or whatever you do, do all to the glory of God.

What you eat is a decision, not an accident. You've been tracking for your first few days now. Look at the data. What patterns do you see?

TODAY'S FOCUS

Before every meal today, pause for three seconds and decide whether this is what you'd choose if you were paying attention.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier than your current wake-up
- ☐ Pushups + prayer (10 pushups, then 2 min prayer)
- ☐ Workout
- ☐ Track all calories
- ☐ Read the verse on today's page
- ☐ Drink 64 oz of water
- ☐ Journal (answer the day's prompt)
- ☐ Wednesday: check in with your accountability partner

JOURNAL

Look at your first few days of calorie tracking. What surprised you? Where are you over or under?

The Hardest Part Is Showing Up

DEUTERONOMY 31:6

Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.

You're four days in, and the alarm went off this morning. You thought about skipping. You're reading this, so you didn't. That matters more than how the workout went.

TODAY'S FOCUS

Count the number of times today you almost skip something but do it anyway.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier than your current wake-up
- ☐ Pushups + prayer (10 pushups, then 2 min prayer)
- ☐ Workout
- ☐ Track all calories
- ☐ Read the verse on today's page
- ☐ Drink 64 oz of water
- ☐ Journal (answer the day's prompt)

JOURNAL

What is one thing you can set up tonight so tomorrow morning is easier?

Prepare Before You Perform

PROVERBS 24:27

Prepare your work outside; get everything ready for yourself in the field, and after that build your house.

Lay out your clothes the night before, set the alarm, open the Bible to tomorrow's verse, and have your meals planned. Preparation eliminates the decision in the morning.

TODAY'S FOCUS

Before bed tonight, set up everything you need for tomorrow so there are zero decisions between the alarm and the routine.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier than your current wake-up
- ☐ Pushups + prayer (10 pushups, then 2 min prayer)
- ☐ Workout
- ☐ Track all calories
- ☐ Read the verse on today's page
- ☐ Drink 64 oz of water
- ☐ Journal (answer the day's prompt)

JOURNAL

When was the last time your body taught you something your mind wouldn't accept?

Recovery Is Half the Battle

MATTHEW 11:28-30

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

Rest is not laziness. Sleep, stretching, and recovery days are where your body actually gets stronger.

TODAY'S FOCUS

Pay attention to when your body asks for rest today, and listen to it instead of overriding it.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier than your current wake-up
- ☐ Pushups + prayer (10 pushups, then 2 min prayer)
- ☐ Workout
- ☐ Track all calories
- ☐ Read the verse on today's page
- ☐ Drink 64 oz of water
- ☐ Journal (answer the day's prompt)

JOURNAL

What version of yourself quits when things get hard? Describe that person.

The Beginner's Mind

MATTHEW 18:4

Whoever humbles himself like this child is the greatest in the kingdom of heaven.

Being new at something is not weakness. The willingness to be bad at something is the first step to being good at it.

TODAY'S FOCUS

Look at this week with honest eyes. Where did you show up, and where did you cut corners?

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier than your current wake-up
- ☐ Pushups + prayer (10 pushups, then 2 min prayer)
- ☐ Rest day: no workout (pushups + prayer count)
- ☐ Track all calories
- ☐ Read the verse on today's page
- ☐ Drink 64 oz of water
- ☐ Journal (answer the day's prompt)

JOURNAL

Where in your life have you been pretending to know more than you do?

Weekly Review

Numbers first, then honesty. Fill this in before the next week starts, while the week is still fresh.

Pushup count this week _____

Calorie average this week _____

Calorie target _____

Water consistency (days hit target) /7 _____

Journal entries completed /7

Partner check-in completed _____

Group check-in notes

WHAT I WILL DO DIFFERENTLY NEXT WEEK

GET HONEST

JAMES 4:6

God opposes the proud but gives grace to the humble.

WORKOUT (~20-25 MINUTES)

- 15 pushups
- 15 bodyweight squats
- 10 lunges each leg
- 30-second plank hold
- 20-minute walk or jog

Pushups this week -- Morning ritual: 20. Workout: 15. Total: 35.

NON-NEGOTIABLES (7 DAILY ITEMS)

- Wake up one hour earlier than your current wake-up
- Pushups + prayer (20 pushups, 5 min prayer + 5 min Bible reading)
- Workout
- Track all calories
- Read the verse on today's page
- Drink 80 oz of water
- Journal (3 sentences minimum)

NEW THIS WEEK

- Pushups increase from 10 to 20 in the morning ritual, prayer from 2 to 5 minutes, and Bible reading starts (5 minutes)
- Water increases from 64 to 80 oz
- Journal minimum: 3 sentences (you've had a week of practice)

Scale any movement to your body. Stop a set when your form breaks, not when it burns.

Pride Goes Before a Fall

PROVERBS 16:18

Pride goes before destruction, and a haughty spirit before a fall.

You showed up for 7 days. That took more than most people give. Now the work shifts from your body to your ego. Pride tells you that you don't need help, that you already know, that asking is weakness. Every one of those is a lie.

TODAY'S FOCUS

Catch yourself one time today dismissing advice or avoiding a question because your ego got in the way.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier than your current wake-up
- ☐ Pushups + prayer (20 pushups, 5 min prayer + 5 min Bible reading)
- ☐ Workout
- ☐ Track all calories
- ☐ Read the verse on today's page
- ☐ Drink 80 oz of water
- ☐ Journal (3 sentences minimum)

JOURNAL

When was the last time your ego kept you from learning something?

You Were Not Made to Be Alone

ECCLESIASTES 4:9-10

Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!

Isolation feels safe but it's the most dangerous place to be. That's why you have an accountability partner and a group. Use them. The Wednesday check-ins and Sunday group reviews are built into this challenge because nobody changes alone. If you've been going through the motions with your partner, go deeper tomorrow.

TODAY'S FOCUS

Think about one thing you haven't told your accountability partner yet. Bring it to your next check-in.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier than your current wake-up
- ☐ Pushups + prayer (20 pushups, 5 min prayer + 5 min Bible reading)
- ☐ Workout
- ☐ Track all calories
- ☐ Read the verse on today's page
- ☐ Drink 80 oz of water
- ☐ Journal (3 sentences minimum)

JOURNAL

How many people in your life know what you're actually going through right now?

The Patterns You're Stuck In

1 CORINTHIANS 6:12

All things are lawful for me, but not all things are helpful. All things are lawful for me, but I will not be dominated by anything.

Destructive patterns don't always involve a substance. Your phone, your comfort food, avoidance, anger: figure out which one runs your day.

TODAY'S FOCUS

Track the one pattern you identified. Every time it pulls at you today, notice it and write a tally mark in the margin.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier than your current wake-up
- ☐ Pushups + prayer (20 pushups, 5 min prayer + 5 min Bible reading)
- ☐ Workout
- ☐ Track all calories
- ☐ Read the verse on today's page
- ☐ Drink 80 oz of water
- ☐ Journal (3 sentences minimum)
- ☐ Wednesday: check in with your accountability partner

JOURNAL

What habit or pattern do you keep going back to even though you know it's not working?

One Verse, One Minute

PSALM 119:105

Your word is a lamp to my feet and a light to my path.

You've been reading the daily verse since Day 1. Today, read it differently. Read it once for what it says. Read it again for what it says to you. Then sit with it for one minute. Not a Bible study, not devotional homework. Just attention. One verse and one minute of focus. This is how a daily scripture practice starts.

TODAY'S FOCUS

After reading today's verse, set a timer for one minute and sit with it. Don't analyze. Just listen.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier than your current wake-up
- ☐ Pushups + prayer (20 pushups, 5 min prayer + 5 min Bible reading)
- ☐ Workout
- ☐ Track all calories
- ☐ Read the verse on today's page
- ☐ Drink 80 oz of water
- ☐ Journal (3 sentences minimum)

JOURNAL

What would change if you stopped pretending you have it all together?

Know Yourself

PSALM 139:23-24

Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!

You've been practicing honesty for five days now. Before you say or do something you'll regret, run the HALT check: are you hungry, angry, lonely, or tired? Most bad choices trace back to one of those four.

TODAY'S FOCUS

Run HALT before every decision that feels reactive today. Name the state before you act on it.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier than your current wake-up
- ☐ Pushups + prayer (20 pushups, 5 min prayer + 5 min Bible reading)
- ☐ Workout
- ☐ Track all calories
- ☐ Read the verse on today's page
- ☐ Drink 80 oz of water
- ☐ Journal (3 sentences minimum)

JOURNAL

Run the HALT check right now. Which one are you? Write about it.

Weakness Is Where Strength Begins

2 CORINTHIANS 12:10

For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

Telling the truth about where you are is not weakness. It's the prerequisite for change. This is about the cost of pushing through: the conversation you've been putting off, the question you already know the answer to, the thing you keep almost saying. Honesty at this level has a price, and it's worth paying.

TODAY'S FOCUS

Identify the one conversation you've been avoiding. You don't have to have it today, but name it.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier than your current wake-up
- ☐ Pushups + prayer (20 pushups, 5 min prayer + 5 min Bible reading)
- ☐ Workout
- ☐ Track all calories
- ☐ Read the verse on today's page
- ☐ Drink 80 oz of water
- ☐ Journal (3 sentences minimum)

JOURNAL

What are you holding onto that you need to let go of?

Surrender Is Not Defeat

1 JOHN 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Surrender to God means you stopped fighting the only one who can actually help.

TODAY'S FOCUS

Sit with this week honestly. Where did you grow? Where did you resist?

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier than your current wake-up
- ☐ Pushups + prayer (20 pushups, 5 min prayer + 5 min Bible reading)
- ☐ Rest day: no workout (pushups + prayer count)
- ☐ Track all calories
- ☐ Read the verse on today's page
- ☐ Drink 80 oz of water
- ☐ Journal (3 sentences minimum)

JOURNAL

What is one thing you've never said out loud to another person?

Weekly Review

Numbers first, then honesty. Fill this in before the next week starts, while the week is still fresh.

Pushup count this week _____

Last week pushups _____

Calorie average this week _____

Calorie target _____

Water consistency /7 _____

Journal entries completed /7 _____

Compare to Week 1: what improved?

Partner check-in completed _____

Group check-in notes

WHAT I WILL DO DIFFERENTLY NEXT WEEK

BUILD THE DISCIPLINE

HEBREWS 12:1

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us.

WORKOUT (~30-35 MINUTES)

- 25 pushups
- 20 bodyweight squats
- 15 lunges each leg
- 45-second plank hold
- 10 burpees
- 25-minute jog or run

Pushups this week -- Morning ritual: 30. Workout: 25. Total: 55.

NON-NEGOTIABLES (9 DAILY ITEMS)

- Wake up one hour earlier than your current wake-up
- Pushups + prayer (30 pushups, 5 min prayer + 10 min Bible reading)
- Workout
- Track all calories
- Read the verse on today's page
- Drink 96 oz of water
- Journal (5-minute reflection)
- Meal prep or plan tomorrow's meals the night before
- No screens for the first 30 minutes after waking

NEW THIS WEEK

- Meal prep or plan tomorrow's meals the night before: you've been tracking calories for two weeks. Now build the system around the data. Planning meals removes the decisions that lead to bad ones.
- No screens for the first 30 minutes after waking: your phone stays in another room or on airplane mode until after pushups and prayer. The first hour sets the tone for the other 23.
- Pushups increase from 20 to 30, Bible reading increases from 5 to 10 minutes
- Water increases from 80 to 96 oz
- Journal shifts from sentence count to 5-minute timed reflection

Scale any movement to your body. Stop a set when your form breaks, not when it burns.

Build the System Around the Food

HEBREWS 12:11

For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness.

You've been getting honest for a week. Now the work shifts to building systems that hold. You've been tracking calories for two weeks. Look at where you're consistent and where you fall apart. Plan tomorrow's meals tonight. Cook protein in bulk. Stop making food decisions when you're hungry. The tracking data you've collected tells you exactly where to start.

TODAY'S FOCUS

Plan every meal for tomorrow before you go to bed tonight. Write it down.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier
- ☐ Pushups + prayer (30 pushups, 5 min prayer + 10 min Bible reading)
- ☐ Workout (see Week 3 progressive workout)
- ☐ Track all calories
- ☐ Drink 96 oz of water
- ☐ Journal (5-minute reflection)
- ☐ Meal prep or plan tomorrow's meals the night before
- ☐ Read the verse on today's page
- ☐ No screens for the first 30 minutes after waking

JOURNAL

What is the hardest part of the daily routine right now? What would make it easier?

Order Your Morning

ROMANS 12:1

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

The first hour of your day sets the tone for the other 23. This week your checklist says no screens for the first 30 minutes after waking. Your phone stays in another room or on airplane mode until after pushups and prayer. The reason is simple: screens hijack your attention before you've chosen where to put it.

TODAY'S FOCUS

Keep your phone out of reach from alarm to the end of your morning routine. Notice what fills the space.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier
- ☐ Pushups + prayer (30 pushups, 5 min prayer + 10 min Bible reading)
- ☐ Workout (see Week 3 progressive workout)
- ☐ Track all calories
- ☐ Drink 96 oz of water
- ☐ Journal (5-minute reflection)
- ☐ Meal prep or plan tomorrow's meals the night before
- ☐ Read the verse on today's page
- ☐ No screens for the first 30 minutes after waking

JOURNAL

Write out your ideal morning from alarm to leaving the house. Every step. What needs to change to make it real?

Go Deeper in the Word

PSALM 1:2

But his delight is in the law of the Lord, and on his law he meditates day and night.

Bible reading doubled this week. Ten minutes is enough to sit with a passage instead of skimming it. Read slowly. If a verse catches you, stop and stay there. Ask what it meant when it was written, what it means now, and what it asks of you today. Scripture is not a checklist item. It is a conversation.

TODAY'S FOCUS

Pick one verse from today's reading. Write it in your journal and spend your prayer time talking to God about what it stirred up.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier
- ☐ Pushups + prayer (30 pushups, 5 min prayer + 10 min Bible reading)
- ☐ Workout (see Week 3 progressive workout)
- ☐ Track all calories
- ☐ Drink 96 oz of water
- ☐ Journal (5-minute reflection)
- ☐ Meal prep or plan tomorrow's meals the night before
- ☐ Read the verse on today's page
- ☐ No screens for the first 30 minutes after waking
- ☐ Wednesday: check in with your accountability partner

JOURNAL

Sit in silence for 5 minutes before you write. What came up?

Discipline Is a Long Game

PSALM 5:3

O Lord, in the morning you hear my voice; in the morning I prepare a sacrifice for you and watch.

Paul compared the spiritual life to athletic training, and he meant it literally, not as a metaphor. You're 18 days into a practice that most people never start. The discipline you're building right now is not about this challenge. It's about the next 10 years.

TODAY'S FOCUS

Look at your calorie tracking data from the last two weeks. Are you hitting your numbers? Adjust your target if needed.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier
- ☐ Pushups + prayer (30 pushups, 5 min prayer + 10 min Bible reading)
- ☐ Workout (see Week 3 progressive workout)
- ☐ Track all calories
- ☐ Drink 96 oz of water
- ☐ Journal (5-minute reflection)
- ☐ Meal prep or plan tomorrow's meals the night before
- ☐ Read the verse on today's page
- ☐ No screens for the first 30 minutes after waking

JOURNAL

Look at your calorie tracking. What patterns do you see? Where are you consistently over or under?

Design Your Environment

PROVERBS 22:3

The prudent see danger and take refuge, but the simple keep going and pay the penalty.

Design your environment so the right choice is the easy choice. Put the Bible where you sit in the morning. Put the water bottle where you can see it. Remove the things that pull you back into old patterns. The prudent person sees the problem coming and prepares for it. Stop relying on willpower for things you can solve with placement.

TODAY'S FOCUS

Rearrange one thing in your physical space today so the healthy choice requires less effort.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier
- ☐ Pushups + prayer (30 pushups, 5 min prayer + 10 min Bible reading)
- ☐ Workout (see Week 3 progressive workout)
- ☐ Track all calories
- ☐ Drink 96 oz of water
- ☐ Journal (5-minute reflection)
- ☐ Meal prep or plan tomorrow's meals the night before
- ☐ Read the verse on today's page
- ☐ No screens for the first 30 minutes after waking

JOURNAL

What is one comfort you rely on too much? What would happen if you went without it for a week?

Stress Is Not the Enemy

JAMES 1:2-4

Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

Stress produces endurance. The goal isn't a life without pressure. It's a life with the capacity to handle it.

TODAY'S FOCUS

The next time stress hits today, pause for 10 seconds before reacting. Name the stress, then choose your response.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier
- ☐ Pushups + prayer (30 pushups, 5 min prayer + 10 min Bible reading)
- ☐ Workout (see Week 3 progressive workout)
- ☐ Track all calories
- ☐ Drink 96 oz of water
- ☐ Journal (5-minute reflection)
- ☐ Meal prep or plan tomorrow's meals the night before
- ☐ Read the verse on today's page
- ☐ No screens for the first 30 minutes after waking

JOURNAL

What is the biggest source of stress in your life right now? How has this challenge changed how you handle it?

Rest Is Not Optional

MARK 6:31

And he said to them, 'Come away by yourselves to a desolate place and rest a while.'

Even Jesus pulled away to rest. Rest isn't optional. Your body, mind, and spirit need a rhythm of work and recovery.

TODAY'S FOCUS

Give yourself real rest today. Not scrolling, not numbing. Actual recovery.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier
- ☐ Pushups + prayer (30 pushups, 5 min prayer + 10 min Bible reading)
- ☐ Rest day: no workout (pushups + prayer count)
- ☐ Track all calories
- ☐ Drink 96 oz of water
- ☐ Journal (5-minute reflection)
- ☐ Meal prep or plan tomorrow's meals the night before
- ☐ Read the verse on today's page
- ☐ No screens for the first 30 minutes after waking

JOURNAL

What time did you go to bed last night? What were you doing in the hour before? Be honest.

Weekly Review

Numbers first, then honesty. Fill this in before the next week starts, while the week is still fresh.

Weight _____

Average daily calories _____

Days completed fully _____

Meal prep adherence (days planned ahead) _____

Morning no-screens streak (days) _____

Compare to Weeks 1-2: what improved?

Partner check-in completed _____

Group check-in notes

WHAT I WILL DO DIFFERENTLY NEXT WEEK

BECOME WHO YOU WERE MADE TO BE

EPHESIANS 4:24

Put on the new self, created after the likeness of God in true righteousness and holiness.

WORKOUT (~35-40 MINUTES)

- 40 pushups
- 30 bodyweight squats
- 20 lunges each leg
- 60-second plank hold
- 15 burpees
- 30-minute run

Pushups this week -- Morning ritual: 50. Workout: 40. Total: 90.

NON-NEGOTIABLES (FULL STACK)

- Wake up one hour earlier than your current wake-up
- Pushups + prayer (50 pushups, 5 min prayer + 15 min Bible reading)
- Workout
- Track all calories
- Read the verse on today's page
- Drink 1 gallon of water (128 oz)
- Journal (answer the day's prompt)
- Meal prep or plan tomorrow's meals the night before
- No screens for the first 30 minutes after waking

NEW THIS WEEK

- Pushups increase from 30 to 50, Bible reading increases from 10 to 15 minutes
- Water increases from 96 oz to 1 gallon (128 oz)
- Journal shifts from timed reflection to full page

Scale any movement to your body. Stop a set when your form breaks, not when it burns.

Look What You Can Do Now

2 PETER 1:3

His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence.

Compare your Day 1 pushups to today. Compare your first journal entry to this one. The difference between then and now is not motivation, it's evidence of what you've built. The practices are the same ones you started with. The person doing them is not.

TODAY'S FOCUS

Flip back to Day 1. Read your journal entry. Notice the distance between then and now.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier
- ☐ Pushups + prayer (50 pushups, 5 min prayer + 15 min Bible reading)
- ☐ Workout (see Week 4 progressive workout)
- ☐ Track all calories
- ☐ Drink 1 gallon of water (128 oz)
- ☐ Journal (answer the day's prompt)
- ☐ Meal prep or plan tomorrow's meals the night before
- ☐ Read the verse on today's page
- ☐ No screens for the first 30 minutes after waking

JOURNAL

What felt impossible two weeks ago that you can do now?

The Dip

GALATIANS 6:9

And let us not grow weary of doing good, for in due season we will reap, if we do not give up.

Around Day 20, most people in any program start to fade. The novelty is gone, the finish line isn't close enough to pull you forward, and the daily routine feels like a grind. That's not a sign you should quit. It's a sign the program is working. Discipline only counts when motivation runs out. The people who finish this challenge are not the ones who stayed motivated. They're the ones who kept going after the motivation left.

TODAY'S FOCUS

If you feel the pull to skip something today, do it anyway and notice the difference between wanting to and choosing to.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier
- ☐ Pushups + prayer (50 pushups, 5 min prayer + 15 min Bible reading)
- ☐ Workout (see Week 4 progressive workout)
- ☐ Track all calories
- ☐ Drink 1 gallon of water (128 oz)
- ☐ Journal (answer the day's prompt)
- ☐ Meal prep or plan tomorrow's meals the night before
- ☐ Read the verse on today's page
- ☐ No screens for the first 30 minutes after waking

JOURNAL

Which day this week did you least want to show up? What got you through?

You Are a New Creation

2 CORINTHIANS 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

The daily practices have been quietly reshaping who you are. The pushups, the prayer, the journaling, the honesty, the discipline: none of them felt transformative on any single day. But stack 24 of them together and the old defaults have less pull than they did on Day 1. Identity change doesn't announce itself. It accumulates.

TODAY'S FOCUS

Notice one moment today where the old version of you would have made a different choice than the current version.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier
- ☐ Pushups + prayer (50 pushups, 5 min prayer + 15 min Bible reading)
- ☐ Workout (see Week 4 progressive workout)
- ☐ Track all calories
- ☐ Drink 1 gallon of water (128 oz)
- ☐ Journal (answer the day's prompt)
- ☐ Meal prep or plan tomorrow's meals the night before
- ☐ Read the verse on today's page
- ☐ No screens for the first 30 minutes after waking
- ☐ Wednesday: check in with your accountability partner

JOURNAL

Who are you becoming? Describe that person in three sentences.

Known, Not Just Seen

PSALM 139:1-2

O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar.

There's a difference between people who know your name and people who know you. Which do you have more of?

TODAY'S FOCUS

Have one conversation today that goes past the surface. Ask a real question, or answer one honestly.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier
- ☐ Pushups + prayer (50 pushups, 5 min prayer + 15 min Bible reading)
- ☐ Workout (see Week 4 progressive workout)
- ☐ Track all calories
- ☐ Drink 1 gallon of water (128 oz)
- ☐ Journal (answer the day's prompt)
- ☐ Meal prep or plan tomorrow's meals the night before
- ☐ Read the verse on today's page
- ☐ No screens for the first 30 minutes after waking

JOURNAL

Who actually knows you? Not your name or your job. You.

Forgiveness as a Discipline

COLOSSIANS 3:13

Bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.

You've spent this week looking at who you are and who knows you. There may be someone you need to forgive, or someone you need to ask forgiveness from. Forgiveness is not a feeling. It's a decision you make before the feeling catches up. It doesn't mean what happened was acceptable. It means you're choosing to stop carrying it.

TODAY'S FOCUS

Name one person you need to forgive or ask forgiveness from. You don't have to act on it today, but name them.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier
- ☐ Pushups + prayer (50 pushups, 5 min prayer + 15 min Bible reading)
- ☐ Workout (see Week 4 progressive workout)
- ☐ Track all calories
- ☐ Drink 1 gallon of water (128 oz)
- ☐ Journal (answer the day's prompt)
- ☐ Meal prep or plan tomorrow's meals the night before
- ☐ Read the verse on today's page
- ☐ No screens for the first 30 minutes after waking

JOURNAL

Is there someone you need to forgive? Is there someone you need to ask forgiveness from? Write about one of them.

Use Your Gift to Serve

1 PETER 4:10

As each has received a gift, use it to serve one another, as good stewards of God's varied grace.

Every skill you've built over the last four weeks is something you can hand to someone else. Not advice. Not a speech. One concrete act of service for one specific person today.

TODAY'S FOCUS

Do one concrete act of service today. Not a vague intention. Something specific, for someone specific.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier
- ☐ Pushups + prayer (50 pushups, 5 min prayer + 15 min Bible reading)
- ☐ Workout (see Week 4 progressive workout)
- ☐ Track all calories
- ☐ Drink 1 gallon of water (128 oz)
- ☐ Journal (answer the day's prompt)
- ☐ Meal prep or plan tomorrow's meals the night before
- ☐ Read the verse on today's page
- ☐ No screens for the first 30 minutes after waking

JOURNAL

Who is someone you could help right now? What would you tell them?

Strength Through Surrender

PHILIPPIANS 4:12-13

I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.

This verse is not about winning. Paul wrote it from prison. "I can do all things" means "I can endure anything." That's better than winning.

TODAY'S FOCUS

Sit with the full weight of 28 days. What has this cost you, and what has it given you?

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier
- ☐ Pushups + prayer (50 pushups, 5 min prayer + 15 min Bible reading)
- ☐ Rest day: no workout (pushups + prayer count)
- ☐ Track all calories
- ☐ Drink 1 gallon of water (128 oz)
- ☐ Journal (answer the day's prompt)
- ☐ Meal prep or plan tomorrow's meals the night before
- ☐ Read the verse on today's page
- ☐ No screens for the first 30 minutes after waking

JOURNAL

Read Philippians 4:12-13 in full. What does 'I can do all things' actually mean when you read it in context?

Weekly Review

Numbers first, then honesty. Fill this in before the next week starts, while the week is still fresh.

Weight _____

Pushups (Day 1 vs today) _____

Workout capacity notes

Average daily calories _____

Water intake consistency _____

Journal depth (compare Day 1 entry to today)

Days completed fully _____

Partner check-in completed _____

Group check-in notes

WHAT I WILL DO DIFFERENTLY NEXT WEEK

Be Found Faithful

1 CORINTHIANS 4:2

Moreover, it is required of stewards that they be found faithful.

Thirty days is a start, not a finish. The question now is whether you'll keep going when nobody's watching and there's no checklist.

TODAY'S FOCUS

Look at the person you described on Day 24. Are you closer to that person today than you were four days ago?

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier
- ☐ Pushups + prayer (50 pushups, 5 min prayer + 15 min Bible reading)
- ☐ Workout (see Week 4 progressive workout)
- ☐ Track all calories
- ☐ Drink 1 gallon of water (128 oz)
- ☐ Journal (answer the day's prompt)
- ☐ Meal prep or plan tomorrow's meals the night before
- ☐ Read the verse on today's page
- ☐ No screens for the first 30 minutes after waking

JOURNAL

Write a letter to the person you were on Day 1. What would you tell them?

Daily Bread

LUKE 9:23

If anyone would come after me, let him deny himself and take up his cross daily and follow me.

These 30 days gave you a structure: the pushups, the prayer, the tracking, the honesty, the rest, the service. The workbook won't be here tomorrow. The question is which pieces you'll carry forward on your own. Not all of them need to stay. But the ones that changed you, the ones you'd miss if they disappeared, those are your non-negotiables. That's your daily bread.

TODAY'S FOCUS

As you write your list, be honest about which practices actually changed you and which ones you did because the checklist said to.

TODAY'S CHECKLIST

- ☐ Wake up one hour earlier
- ☐ Pushups + prayer (50 pushups, 5 min prayer + 15 min Bible reading)
- ☐ Workout (see Week 4 progressive workout)
- ☐ Track all calories
- ☐ Drink 1 gallon of water (128 oz)
- ☐ Journal (answer the day's prompt)
- ☐ Meal prep or plan tomorrow's meals the night before
- ☐ Read the verse on today's page
- ☐ No screens for the first 30 minutes after waking

JOURNAL

What are your non-negotiables going forward? Write your personal daily bread list.

Graduation

Thirty days does not finish anything. It proves you can start and keep going, which is the part most people never get to. Write your own creed below -- the handful of lines you want to be true about you six months from now.

MY PERSONAL CREED

WHAT I AM KEEPING

Which non-negotiables stay in your life past Day 30?

WHAT IS NEXT

- Run the 30 days again with heavier targets
- Bring someone with you -- do not leave anyone behind
- Join Training Day for the full program library at www.strength413.org/tools

Signed _____

Date _____

TEAR THIS ONE OUT

Daily Checklist Reference

The full stack, as it stands by Week 4. Earlier weeks are the same list with smaller numbers -- check the week page for the targets you are on.

- ☐ Wake up one hour earlier than your current wake-up
 - ☐ Pushups + prayer (50 pushups, 5 min prayer + 15 min Bible reading)
 - ☐ Workout
 - ☐ Track all calories
 - ☐ Read the verse on today's page
 - ☐ Drink 1 gallon of water (128 oz)
 - ☐ Journal (answer the day's prompt)
 - ☐ Meal prep or plan tomorrow's meals the night before
 - ☐ No screens for the first 30 minutes after waking
-

WATER TARGETS BY WEEK

- Week 1 -- 64 oz
- Week 2 -- 80 oz
- Week 3 -- 96 oz
- Week 4 -- 1 gallon (128 oz)

MORNING PUSHUPS BY WEEK

- Week 1 -- Morning ritual: 10. Workout: 10. Total: 20.
 - Week 2 -- Morning ritual: 20. Workout: 15. Total: 35.
 - Week 3 -- Morning ritual: 30. Workout: 25. Total: 55.
 - Week 4 -- Morning ritual: 50. Workout: 40. Total: 90.
-

General guidance for building healthy habits, not medical or nutrition advice. Every number in this workbook is an adjustable estimate -- start there, watch what your body does over two weeks, and adjust. Talk to a doctor before starting any new exercise or eating plan, especially if you are pregnant, managing a health condition, or taking medication.