

Day 1

Prep day

Yes preparation is today's challenge. To be prepared to make the best of your challenge, don't go at it alone, locate your accountability partner who is also on the mission to M.A.Dness, ready to Praise God, and train as well. You can pray with each other, remind of challenges, share recipes, go shopping, share verses, swap tips, encourage, all that good stuff!

What is your Why?? Why are you doing this, really, and what do you want for the end product? (write it down tuck it away or free to share) #PGT #youMAD #MADorNAH

Prayer focus- reflect and give thanks on what the Lord has brought you through known and unknown and all the places He will take you. Read Philippians 4:9-13

Take a picture to track progress this is day one! #PGT

Day 2

You ready?!? Here we go...

YouTube has great demonstrations for any exercise and variation



**FUEL FIT BLAZER
WORKOUT**

WARM-UP JOG

- 1) 25 PRISONER SQUATS**
- 2) 10 PUSH-UP SIDE PUNCHES**
- 3) 10 JUMP SQUAT STEP BACKS**
- 4) 10 OPPOSITE-OPPOSITES**
- 5) 20 HAND WALKOUT HALF BURPEES**
- 6) 25 CRUNCH OPEN-CLOSES**
- 7) 10 PLANK TWISTS**

Photo and exercises credit: Mr. Shutup and Train

<http://www.mrshutupandtrain.com/30daycc/day-3-fuel-fit-blazer-challenge/>

Read Isaiah 40:31, Proverbs 3:5-6, and John 16:33. Listen to the song "Lord prepare me to be a sanctuary-West Angeles Coptic Mass Choir and congregation." Through it all God is there and wanting us to have the best lives here and in preparation for the next. Prayer focus- whether the answer is yes or entertaining the thought of doing it, ask the Lord what has He prepared you to be.

Day 3

The "Go Green" Nutrition Challenge requires you to eat Green foods with a minimum of 4 meals or 6 snacks today. For today's fitness challenge, we are testing to see where you are. Here are the 3 exercises you will complete:

- 1) 1 Mile Run/walk/jog
- 2) Max Reps Push ups (done in one (1) minute)
- 3) Core Plank (2x's - hold as long as you can then record your best time)

Read 1 Corinthians 10:31, John 6:35, and Genesis 1:30. While exploring new and preparing your favorite fresh fruits and veggies take time to note how your mind and body feels waking up drinking water and eating "green goodness". If God provided such goodness for consumption what more does He have in store for every aspect of us; his greatest creation.

Day 4

Read Proverbs 17:22, Hebrews 11:6, and Proverbs 3:5-8. Healing and refreshing, everyone could use a little of both in their lives. Listen to "We've come this far by faith/ I will trust the Lord-Donnie McClurkin". Will you? Trust in the Lord and treat everybody right (Galatians 5:14). Today's spiritual challenge is to show some love and remember when putting on your armor

of God this morning "above all these put on love, which binds everything together in perfect harmony (Colossians 3:14)
#doITwithLove #showloveday #MADorNAH #PGT

Day 5

Good work pushing through yesterday and these tough Praise God and Train Challenges. Today is a light exercise day because proper nutrition is as, if not more important than anything else. Also we know a lot of you are feeling tired by now so accountability partners let's push each other through!!! After you feel wiped out....

#Whiteout

1	No White Sugar	Instead try maple syrup, honey, raw stevia leaves, coconut sugar, yacon syrup, monk fruit extract, date paste or blackstrap molasses. Don't have any of these? No worries! You can go 21 days without sweets and guess what will happen? <i>Your sweet tooth will be gone!</i>
2	No White Flour	Instead try almond flour, coconut flour, pea flour, oat flour, tapioca flour or brown rice flour. You can find these at select grocers. I LOVE Nutritional yeast!!!
3	No White Salt	Instead try sea salt. The most healthy salt on the planet is Himalayan Sea Salt.
4	No White Pasta	Instead try quinoa pasta, brown rice pasta, Black bean or Mung bean pasta (in the US I buy Explore Asian Authentic Cuisine brand). An even better option is to buy a \$20 veggie spiralizer and make zucchini or squash spaghetti noodles. It is fast, cheap, and easy but super HEALTHY!

5	No White Rice	Instead try brown rice, quinoa (you must try this!), amaranth or jasmine rice.
6	No White Potatoes	Instead try red skin potatoes or sweet potatoes.
7	No White Bread	Instead try brown rice tortillas, use romaine lettuce leaves as wraps or even better Collard Greens as a wrap. Trust me on this, it's good! Green makes you lean.

Photo credit and challenge based from: Mr. Shutup and Trains' day 7
www.mrshutupandtrain.com/30daycc/day-7-whiteout-nutrition-extreme-cardio/

50 Crunches

50 Bicycle Crunches

50 Toe-Touches

Read 1 John 1:9, 2:2, and Isaiah 1:18. Listen to "Clean inside-Hezekiah Walker and Wash me-John P. Key" Enjoy the thought of knowing your debt is paid if you have accepted the gift!! If you have not or have hesitation...what would a clean slate cost you to try Him out? #Whiteout #MADorNAH #PGT

Day 6

Each hour while you're awake until sunset, you'll do the number of squats listed below. Yes, *at work...while you're brushing your teeth...* or wherever you are, if you don't, the catch up will burn GET IT DONE!!! Sunset time ____7:29pm_____

Beginners	5 per hour (every hour you're awake)
Intermediate	10 per hour (every hour you're awake)

Advanced

20 per hour (every hour you're awake)

Photo and exercise credit: based on Mr. Shutup and trains' Day 6

<http://challenge.totalfitgroup.com/day-6/>

Read Exodus 20:8-11, Mark, 2:27, and Isaiah 58:13,14. Today's challenge may be the hardest or easiest thus far. Keep the Sabbath. From sunset Friday night until sunset Saturday get your Sabbath rest. Focus on the Lord and do "work" for Him and his people. If you get on facebook log off for the day, leave those emails from work in the folder. Clean and cook during the week or let it be after the last ray, cut off the tv or watch something spiritually stimulating, explore nature, volunteer at a shelter, enjoy time with family, go to church, visit an old friend, catch a nap! If you need some ideas check out Sabbathideas.org.

Day 7

Rest. But after the sun sets go bowling, walk around the mall, take a hike, go skating, get your Holy Ghost step on! Whatever you do have fun and be active. **Move for 30 minutes or more.**

We would love to see or hear from you!!!!

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Service Times: Sabbath School:9:15am

Worship Service: 11:00 am

