

THE GUIDESTONE WELLNESS CHALLENGE: **BODY, MIND, SPIRIT**



Drinking water, getting enough sleep and reading your Bible are a few valuable activities that contribute to your well-being when practiced daily. This 4-week challenge focuses on helping you build balanced habits by highlighting specific goals each day. See how many you can complete!

 Learn more about how we advocate for your wellness and resilience at [GuideStone.org/HealthPlans](https://www.guidestone.org/HealthPlans).

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	<ul style="list-style-type: none"> Worship with your church 	<ul style="list-style-type: none"> Drink at least 8 cups of water 	<ul style="list-style-type: none"> Read an informational article on a topic you want to learn more about 	<ul style="list-style-type: none"> Read a chapter of the Bible 	<ul style="list-style-type: none"> Eat 3 vegetables 	<ul style="list-style-type: none"> Serve someone or fill a need 	<ul style="list-style-type: none"> Get 30 minutes of physical activity
WEEK 2	<ul style="list-style-type: none"> Worship with your church Sleep at least 7 hours 	<ul style="list-style-type: none"> Drink at least 8 cups of water Take time to pray 	<ul style="list-style-type: none"> Get 30 minutes of physical activity Read an informational article on a topic you want to learn more about 	<ul style="list-style-type: none"> Read a chapter of the Bible Read a book for 10 minutes before bed 	<ul style="list-style-type: none"> Eat 2 fruits and 3 vegetables Watch an educational video 	<ul style="list-style-type: none"> Serve someone or fill a need Drink at least 8 cups of water 	<ul style="list-style-type: none"> Get 30 minutes of physical activity Learn a few words in another language
WEEK 3	<ul style="list-style-type: none"> Worship with your church Read a book for 10 minutes before bed Sleep at least 7 hours 	<ul style="list-style-type: none"> Drink at least 8 cups of water Play a word game Take time to pray 	<ul style="list-style-type: none"> Serve someone or fill a need Get 30 minutes of physical activity Read an informational article on a topic you want to learn more about 	<ul style="list-style-type: none"> Read a chapter of the Bible Drink at least 8 cups of water Read a book for 10 minutes before bed 	<ul style="list-style-type: none"> Listen to a Christian podcast Eat 2 fruits and 3 vegetables Watch an educational video 	<ul style="list-style-type: none"> Serve someone or fill a need Sleep at least 7 hours Read an article 	<ul style="list-style-type: none"> Read a chapter of the Bible Get 30 minutes of physical activity Review last week's words and learn a few words in another language
WEEK 4	<ul style="list-style-type: none"> Worship with your church Read a book for 10 minutes before bed Sleep at least 7 hours 	<ul style="list-style-type: none"> Take time to pray and read a chapter of the Bible Play a word game Drink at least 8 cups of water and eat 3 vegetables 	<ul style="list-style-type: none"> Serve someone or fill a need Get 30 minutes of physical activity and drink at least 8 cups of water Read an informational article on a topic you want to learn more about 	<ul style="list-style-type: none"> Take time to pray and read a chapter of the Bible Eat 2 fruits and 3 vegetables Read a book for 10 minutes before bed 	<ul style="list-style-type: none"> Listen to a Christian podcast Get 30 minutes of physical activity and drink at least 8 cups of water Watch an educational video 	<ul style="list-style-type: none"> Serve someone or fill a need Sleep at least 7 hours Read an article 	<ul style="list-style-type: none"> Take time to pray and read a chapter of the Bible Get 30 minutes of physical activity and drink at least 8 cups of water Review last week's words and learn a few words in another language

Completed the Challenge? Let us know by tagging @GuideStone on Facebook or Twitter with the hashtag #GuideStoneWellnessChallenge.

Ready to take it to the next level? Build your own schedule for next month by setting goals for the habits most important to you. Remember to include activities for mind, body and spirit.