

# TOP 10 CHRISTIAN FITNESS CHALLENGES

## COMPARED

CHALLENGE	LENGTH	FORMAT	OVERALL FOCUS	FAITH FOCUS
WALKING PROGRAMS	21 DAYS	AUDIO RECORDINGS	WALKING	PRAYER
BIBLICAL MEDITATION CHALLENGE	21 DAYS	AUDIO MEDITATIONS	MINDFULNESS	ADORING GOD
CLEAN HEARTING	21 DAYS	REVWELL TV WORKOUTS	CLEAN EATING	HEART CHANGE
SUGAR FAST	21 DAYS	RECIPES + REVWELL TV	SUGAR FAST	CRAVING GOD'S WORD
CORE FOCUS	21 DAYS	REVWELL TV + CORE TRAINING	STRENGTHEN CORE	GOSPEL OF LUKE
THE LITTLE WAY	30 DAYS	10 MIN WORKOUTS	HEALTHY HABITS	PURPOSEFUL LIFE
WEIGHT LOSS GOD'S WAY	31 DAYS	10 MIN WORKOUTS	WEIGHT LOSS	GOD'S WISDOM
WARRIOR CHALLENGE	7 DAYS	FUNCTIONAL FITNESS WORKOUTS	STRENGHT/HIIT	FAITH BASED FITNESS
7-DAY DETOX	7 DAYS	VIDEO TEACHINGS	OVERALL HEALTH	GOD'S WORD
COUCH TO 5K	10 WEEKS	AUDIO GUIDED TRAINING	WALKING/ RUNNING	FAITHFUL ENDURANCE