



Be Ye Transformed: 40 Day Food, Faith and Fitness Fast
Romans 12:2

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5 7:00am ET Prayer Call	6 7:00am ET Prayer Call 7:00pm ET Group Coaching	7 7:00am ET Prayer Call	8 9:00am ET Muscle Strengthening
9 7:00am ET Prayer Call	10 7:00am ET Prayer Call	11 7:00am ET Prayer Call 7:00pm ET Food Labels Education	12 6:00am ET Muscle Strengthening 7:00am ET Prayer Call	13 7:00am ET Prayer Call 7:00pm ET Group Coaching	14 7:00am ET Prayer Call	15 9:00am ET Muscle Strengthening 6:00pm ET Meal Planning and Prep
16 7:00am ET Prayer Call	17 7:00am ET Prayer Call	18 7:00am ET Prayer Call 7:00pm ET Nutrition Education	19 6:00am ET Muscle Strengthening 7:00am ET Prayer Call	20 7:00am ET Prayer Call 7:00pm ET Group Coaching	21 7:00am ET Prayer Call	22 9:00am ET Muscle Strengthening 6:00pm ET Cook-together
23 7:00am ET Prayer Call	24 7:00am ET Prayer Call	25 7:00am ET Prayer Call	26 7:00am ET Prayer Call	27 7:00am ET Prayer Call 7:00pm ET Group Coaching	28 7:00am ET Prayer Call	29 9:00am ET Muscle Strengthening

EVENTS

Steps

Day 1-7: => 2500/6000/10,000 Steps

Day 8-14: => 3500/7000/11,000 Steps

Day 15-21: => 4500/9000/12,000 Steps

Day 22-28: => 5500/9000/13,000 Steps

Day 29-35: => 6500/10,000/14,000 Steps

Day 36-43: => 7500/10,500/15,500 Steps

<https://join.thestepupapp.com/Wa9e>

Weekdays

Mon-Fri: 7am ET Prayer Calls
Tue (4/15 Only), Thu: 7pm ET Group Coaching
Wed (Starting 3/12): 6am ET Muscle Strengthening
3/11: 7pm ET Food Labels Education
3/18: 7pm ET Nutrition Education
4/1: 7pm ET Presentation: The 6 Pillars of Lifestyle Medicine
4/8: 7pm ET Focus: R&R of DM2, HBP and Cholesterol
4/17: 7pm ET Completion and the Way Forward

Weekends

Sat: 9am ET Muscle Strengthening
3/15: 6pm ET Meal Planning and Prep
3/22: 6pm ET Cook-together
4/5: 6pm ET Watch Party
4/19: 8am 5K Virtual/In-Person Run/Walk

All links to Events can be found in Practice Better or the WhatsApp Chat for the Fast

Saturday, April 19th, 5K Virtual Run/Walk!
More Details to Come!



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April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 7:00am ET Prayer Call	1 7:00am ET Prayer Call 7:00pm ET Presentation: The 6 Pillars of Lifestyle Medicine	2 6:00am ET Muscle Strengthening 7:00am ET Prayer Call	3 7:00am ET Prayer Call 7:00pm ET Group Coaching	4 7:00am ET Prayer Call	5 9:00am ET Muscle Strengthening 6:00pm ET Watch Party
6	7 7:00am ET Prayer Call	8 7:00am ET Prayer Call 7:00pm ET Focus: R&R of DM2, HBP and Cholesterol	9 6:00am ET Muscle Strengthening 7:00am ET Prayer Call	10 7:00am ET Prayer Call 7:00pm ET Group Coaching	11 7:00am ET Prayer Call	12 9:00am ET Muscle Strengthening
13	14 7:00am ET Prayer Call	15 7:00am ET Prayer Call 7:00pm ET Group Coaching	16 6:00am ET Muscle Strengthening 7:00am ET Prayer Call	17 7:00am ET Prayer Call 7:00pm ET Completion and Way Forward	18	19 8am 5K Virtual/In-Person Run/Walk
20	21	22	23	24	25	26
27	28	29	30			

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