

12 Days of Christmas Workout Challenge

DO DIFFERENT EXERCISES EACH DAY FROM 13-24 DECEMBER AND TAKE TIME TO REFLECT.

❄️ **13 Dec - try to do a plank for 30 seconds today.**

What things do you need to put down that you've held on to?

❄️ **14 Dec - do 10 squats every hour today.**

Who might appreciate bursts of support from you today?

❄️ **15 Dec - go for a walk, run or jog.**

What things are you praying into in your local area?

❄️ **16 Dec - can you hit 10,000 steps today?**

Set a missional goal that makes you jump out of bed today!

❄️ **17 Dec - do five star jumps each time you sing a carol.**

Who have you been most thankful for this year? Let them know!

❄️ **18 Dec - focus on doing 15 mins of stretching today.**

What's going to stretch you out of your comfort zone today? How might things be different now?

❄️ **19 Dec - go for a lunchtime walk.**

Reflect on the things you've achieved this year.

❄️ **20 Dec - plank for one minute today.**

What good habit from 2023 do you want to hold onto as you head into 2024?

❄️ **21 Dec - write down five fitness goals today for 2024.**

What are your faith goals in 2024?

❄️ **22 Dec - try and hit 10,000 steps today.**

Each hour today, pause and think of things to be thankful for.

❄️ **23 Dec - try and do 50 lunges today.**

Who do you need to reach out to this Christmas?

❄️ **24 Dec - try to do 24 star jumps today.**

Jump up and down in praise - share the good news of Christmas with someone new!

