



# 12 Days of Christmas Workout Challenge

DO 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 in life do you need to put down that you've held on to?
-  **14 Dec – do 10 squats each time you hear your name**  
Which names in your phone contacts might appreciate hearing from you today?
-  **15 Dec – do five star jumps each time you sing a carol**  
How can you shine brightly today and be a light for others?
-  **16 Dec – can you be more active throughout today?**  
Set a fitness goal for yourself and take that leap of faith!
-  **17 Dec – who could you exercise with today?**  
Is there someone you could encourage and work out with?
-  **18 Dec – focus on doing 15 minutes of stretching today**  
What is stretching you in your life? What needs focus or re-focus? Don't quit!
-  **19 Dec – go for a lunchtime walk**  
Pray for the communities of sport where you live today.
-  **20 Dec – plank for one minute today**  
What good habit from this year do you want to hold on to as you head into the new year?
-  **21 Dec – write down five fitness goals for next year**  
What are your faith goals for next year? Share them with someone!
-  **22 Dec – do a sit-up each time you sing a carol**  
Be thankful for the people that have your back. Tell them!
-  **23 Dec – try and touch your toes 50 times today**  
Who do you need to reach out to this Christmas?
-  **24 Dec – be energetic for the whole day**  
Let every person you meet today be filled with encouragement, love and joy! Jump to it!

