

summer surrender

8 weeks of intentionality in your faith, family & fitness

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35
36	37	38	39	40	41	42
43	44	45	46	47	48	49
50	51	52	53	54	55	56

20 mins daily in the Word, 10 minutes of prayer time. 1 hour of phone free fam time daily, Social-free Sundays . 5 workouts weekly.
No refined sugar, alcohol, or eating after 8pm. 6 days a week,