



WEEK TWO

THE CORE CHALLENGES

1) DO NOT GET DRUNK. REMAIN SOBER-MINDED & PORNOGRAPHY FREE. +1

4) MEET IN PERSON W/ AT LEAST 1 SQUAD MEMBER THIS WEEK. PRAY WITH THEM. +1

2) READ THE ENTIRE BOOK OF 1 CORINTHIANS THIS WEEK. +1

5) SPEND 1 CONTINUOUS HOUR ALONE W/ THE LORD THIS WEEK WITHOUT ANY DISTRACTIONS! IF POSSIBLE, DO THIS OUTSIDE. SPEND THIS TIME IN GOD'S WORD & IN PRAYER. +1

3) MEMORIZE ECCLESIASTES 4:9-10 THIS WEEK. +1

6) DO 40 PUSH-UPS DAILY THIS WEEK. +1

8) PREPARE & TRY A NEW FOOD/MEAL WITH YOUR FAMILY THIS WEEK. +1

7) SEE THE ATTACHED SQUAD BINGO. GET A BINGO(4 IN A ROW) BY WORKING TOGETHER TO ACCOMPLISH EACH TASK IN THE SQUARE. +2

9) POST SCRIPTURE IN 3 FREQUENTLY VISITED LOCATIONS TO BE LEFT FOR THE DURATION OF FIGHT CLUB+1

ALL CORE CHALLENGES MUST BE COMPLETED BEFORE RECEIVING CREDIT FOR THE REST. POTENTIAL FOR UP TO 10 POINTS EACH WEEK.



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SQUAD BINGO

2,500 AIR SQUATS	EAT 150 SERVINGS OF FRUIT	COLLECT, WASH, DRY, & PUT AWAY 16 LOADS OF LAUNDRY	2,000 SITUPS
DRINK 40 GALLONS OF WATER	CLEAN 2 HOUSES (BED, BATH, KITCHEN, & LIVING)	GIVE UP ALL SODA & SUGARY DRINKS	READ 120 PAGES OF A CHRISTIAN BOOK
COLLECT, WASH, DRY, & PUT AWAY 16 LOADS OF LAUNDRY	READ 120 PAGES OF A CHRISTIAN BOOK	CLEAN 2 HOUSES (BED, BATH, KITCHEN, & LIVING)	EAT 150 SERVINGS OF FRUIT
RUCK 25 MILES	GIVE UP ALL DESSERTS & SWEET TREATS	DRINK 40 GALLONS OF WATER	1,500 BURPEES