



WEEK ONE

THE CORE CHALLENGES

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

3) MEMORIZE 1 CORINTHIANS 16:13-14 THIS WEEK. +1

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

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

5) PRAY ON YOUR KNEES AT LEAST ONCE DAILY THIS WEEK. +1

6) MONDAY, TAKE A SCREEN SHOT OF YOUR LAST WEEKS AVERAGE PHONE SCREEN TIME.

MAKE SURE THAT YOUR AVERAGE SCREEN TIME REPORT FOR THIS WEEK IS LOWER THAN LAST WEEKS. +1

8) AS A SQUAD, ACCUMULATE 50 TOTAL MILES OF RUNNING/WALKING THIS WEEK.

MILES MUST BE REPORTED EACH DAY IN ORDER TO COUNT. MILEAGE MUST BE TRAVELED DURING SET ASIDE TIMES (NOT THROUGHOUT WORK DAY). MILES TRAVELED W/ MEMBER(S) OF YOUR SQUAD COUNT AS 2. +1

7) OUR FAMILIES DESERVE QUALITY TIME W/ US. GO BEYOND JUST BEING IN THE SAME ROOM AS THEM. ACCUMULATE & REPORT AT LEAST 2 HOURS OF INTENTIONAL & QUALITY "NON-SCREEN" TIME W/ YOUR FAMILY THIS WEEK. +1

9) DO 25 PUSH-UPS DAILY THIS WEEK. +1

10) GIVE UP 1 UNHEALTHY FOOD/DRINK THIS WEEK. +1

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