



Presented by the E4M&CFC Health & Wellness Ministry

“Show up for your health—God will meet you there.”

January 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

“Is this not the fast that I have chosen: To loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke?”. Isaiah 58:6

DO THE THING



CHECK THE BOX

1

Thriving Thursday

Join us @ 7p on the app!

LAST MINUTE FASTING TIPS (and a recipe demo 🍷)

2

Weigh in Day! & Fitness Friday

3

Stay Focused Saturday

Get Ready! Download your Battle Plan and Fasting Smart Guide from the app!

4

Our 21 Day Fast Begins! Start your Day with the Week One Declaration

5

Mindful Monday

Remind yourself that God has great plans for you! Complete the **Strategic Refection** today for more insight!

6

Daniel Fast Motivation is Here! Join Us! @ 7p Room F227 2nd Fl (bring a friend!)

7

Wellness Wednesday

Revisit your Prayer targets for this week! Proclaim answers in Jesus Name!

8

Thriving Thursday

Join us @ 7p on the app!

We are here with continued motivation and support for your fast!

9

Weigh in Day! & Fitness Friday

10

Stay Intentional Saturday

Recite your Daily Declaration from your Battle Plan today! Declare Peace over every area of your life!

11

Week Two Starts NOW Declare Your Week Two Declaration Bold and Confident!

12

Mindful Monday

Are you struggling with unforgiveness? Recite today's **Daily Declaration** and claim freedom from unforgiveness!

13

GIVING TUESDAY Quick gift = BIG impact!



14

Wellness Wednesday

How can you practice Philippians 2:3, 'putting others first' today?

15

Thriving Thursday

Join us @ 7p on the app!

We are here with continued motivation and support for your fast!

16

Weigh in Day! & Fitness Friday

17

Stay Focused Saturday

Pray for a bold and expectant faith today! One that believes for total healing and restoration in the Body of Christ!

18

Week Three is Here! Declare Your Week Three Declaration Bold and Confident

19

Mindful Monday

How will you partner with Jesus' mission from our **Scripture of Authority** (Luke 19:10) Who will you share the Gospel with today?

20

Declaration Tuesday

Declare a renewed heart and dedicated prayer for lost souls today!

21

Wellness Wednesday

How you strategically pray for the people of Israel today? Read Isaiah 43:1 for inspo

22

Thriving Thursday

Join us @ 7p on the app!

We are here with continued motivation and support for your fast!

23

Weigh in Day! & Fitness Friday

24

Stay Intentional Saturday

YOU DID IT! Recite the prayer of thanks from your workbook!

25

Continue **BOLDLY** proclaiming the Open Reward God has revealed to you during the fast! He is faithful!

26

Mindful Monday

Spend time reflecting about all that God showed you during this season of fasting. Commit to continuing a lifestyle of crucifying your flesh to grow stronger in the Lord!

27

TESTIFY TUESDAY

Do you have a testimony from the fast? We want to hear it! Email us at yourteam@equipped4more.com

28

Wellness Wednesday

Are there foods, God is directing you NOT to reintroduce after the fast? Commit to at least one!

29

Thriving Thursday

Join us @ 7p on the app!

We are here with continued motivation and support for your wellness journey!

30

Was this month a blessing to you? Sow a seed and help us continue sharing the truth about health and wellness!

31

