

21-Day Holistic Transformation Guide

This guide is designed to help you transform your whole life. It is comprised of 4 components - exercise, fasting, scripture reading and prayer. If you dedicate at least 21 minutes a day for 21 days to this challenge, you will see a change in your life. Here are some tips to help you get the most out of this challenge and achieve the transformation you are seeking.

Exercise – Do each exercise for 30 seconds for 4 rounds with no rest. If needed, you may rest for 15 seconds after a round. If you would like more of a challenge, you may use weights with squats and reverse lunges.

Fasting - Have water, coffee, or tea during your fast. Have your first meal at 12pm. Workout 1-hour after your first meal. Make sure to eat a recovery meal (Ex: chicken or fish, spinach, brown rice, blueberries or apples). Have a third meal a couple hours later (consider oatmeal with dark chocolate and berries).

Scripture Reading – We will be following the 21 Days Fasting & Prayer bible reading plan. A link is provided below or you can search it in the YouVersion Bible App.

Prayer – Each day a key word is provided for prayer focus. Pray as the Lord leads you during this transformation challenge.

Tracking your progress along the way will play a big part in your success in this challenge. Log your activity in the [Transformation Tracker](#) each day. Please take a picture of yourself before starting the challenge and keep a journal of what you hear God speaking to you during your scripture reading and prayer. At the end of the challenge take another photo of your yourself to see your transformation. Then reflect on your journal writings to see how God moved during the 21-Days.

Week 1 Transformation Guide

Date	Exercise	Fasting	Scripture Reading	Prayer Focus
Sunday, August 8 th	Reverse Lunges Squats Pushups Jumping Jacks No REST Complete 4 rounds 30 sec each exercise	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Discipline
Monday, August 9 th	Walk Stretch For a total of 15 minutes Early in the morning	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Commitment
Tuesday, August 10 th	Reverse Lunges Squats Pushups Jumping Jacks No rest Complete 4 rounds 30 sec each exercise	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Healing
Wednesday August 11 th	Walk Stretch For a total of 15 minutes Early in the morning	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Focus
Thursday, August 12 th	Reverse Lunges Squats Pushups Jumping Jacks No rest Complete 4 rounds 30 sec each exercise	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Discipline

Friday, August 13th	Walk Stretch For a total of 15 minutes Early in the morning	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Commitment
Saturday, August 14th	Rest Pray, fast and study your plan	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Healing

Reflection:

Week 2 Transformation Guide

Date	Exercise	Fasting	Scripture Reading	Prayer Focus
Sunday, August 15th	Reverse Lunges Squats Pushups Jumping Jacks No rest Complete 4 rounds 30 sec each exercise	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Focus
Monday, August 16th	Walk Stretch For a total of 15 minutes Early in the morning	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Discipline
Tuesday, August 17th	Reverse Lunges Squats Pushups Jumping Jacks No rest Complete 4 rounds 30 sec each exercise	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Commitment
Wednesday August 18th	Walk Stretch For a total of 15 minutes Early in the morning	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Healing
Thursday, August 19th	Reverse Lunges Squats Pushups Jumping Jacks No rest Complete 4 rounds 30 sec each exercise	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Focus

Friday, August 20th	Walk Stretch For a total of 15 minutes Early in the morning	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Discipline
Saturday, August 21st	Rest Pray, fast and study your plan	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Commitment

Reflection:

Week 3 Transformation Guide

Date	Exercise	Fasting	Scripture Reading	Prayer Focus
Sunday, August 22nd	Reverse Lunges Squats Pushups Jumping Jacks No rest Complete 4 rounds 30 sec each exercise	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Healing
Monday, August 23rd	Walk Stretch For a total of 15 minutes Early in the morning	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Focus
Tuesday, August 24th	Reverse Lunges Squats Pushups Jumping Jacks No rest Complete 4 rounds 30 sec each exercise	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Discipline
Wednesday August 25th	Walk Stretch For a total of 15 minutes Early in the morning	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Commitment
Thursday, August 26th	Reverse Lunges Squats Pushups Jumping Jacks No rest Complete 4 rounds 30 sec each exercise	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Healing

Friday, August 27th	Walk Stretch For a total of 15 minutes Early in the morning	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Focus
Saturday, August 28th	Rest Pray, fast and study your plan	From 6am until 12pm	https://www.bible.com/reading-plans/23886-21-days-fasting-prayer	Discipline Commitment Healing Focus

Reflection:

Congratulations! You completed the 21-Day Holistic Transformation Challenge! Don't forget to take a photo of yourself to see your transformation. Reflect on how you have changed over the last 21 days and let us know how you did. Tag us on social media or send us an email at themuscleministry@outlook.com.