

July 2016 IBC FITNESS GOALS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 NO SWEETS 1 Cor. 3:16-17	5 NO SWEETS	6 NO SWEETS	7 NO SWEETS	8 NO SWEETS	9
10	11 5,000 STEPS 1 Cor. 6:19-20	12 5,000 STEPS	13 5,000 STEPS	14 5,000 STEPS	15 5,000 STEPS	16
17	18 WATER ONLY Exodus 15:26	19 WATER ONLY	20 WATER ONLY	21 WATER ONLY	22 WATER ONLY	23
24	25 25 CHAIR SQUATS 1. Cor. 10:31	26 25 CHAIR SQUATS	27 25 CHAIR SQUATS	28 25 CHAIR SQUATS	29 25 CHAIR SQUATS	30
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