

# The GuideStone® Wellness Challenge: Body, Mind, Spirit



Healthy choices – like eating well, staying active and nurturing your spiritual well-being – can transform how you feel each day. During this four-week challenge, we'll provide suggested goals each week across four key areas: nutritional, physical, sleep and spiritual health. These small, intentional actions are designed to help you build consistency, strengthen your body and uplift your spirit.

○ Nutritional   ○ Physical   ○ Spiritual/Mental

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	○ Worship with your church	○ Drink at least 5 cups of water	○ Get 30 minutes of physical activity	○ Listen to a Christian podcast	○ Eat 1 fruit and 1 vegetable	○ Sleep at least 7 hours	○ Go on a walk
Week 2	○ Worship with your church ○ Meal prep for this week's fruits and vegetables	○ Drink at least 6 cups of water ○ Do 30 minutes of strength training exercises	○ Eat 1 fruit and 2 vegetables ○ Stretch for 15 minutes before bed	○ Learn about <a href="#">Mission:Dignity®</a> ○ Go on a walk	○ Spend time in prayer ○ Sleep for at least 7 hours	○ Drink at least 6 cups of water ○ Get 30 minutes of physical activity	○ Eat 1 fruit and 2 vegetables ○ Stretch for 15 minutes before bed
Week 3	○ Worship with your church ○ Meal prep for this week's fruits and vegetables ○ Sleep for at least 7 hours	○ Eat 2 fruits and 2 vegetables ○ Drink at least 7 cups of water ○ Get 30 minutes of physical activity	○ Read a chapter of the Bible ○ Get 5000 steps (an estimated 2 miles) ○ Stretch for 15 minutes before bed	○ Watch an educational video ○ Drink at least 7 cups of water ○ Do 30 minutes of strength training exercises	○ Spend time in prayer ○ Eat 2 fruits and 2 vegetables ○ Sleep for at least 7 hours	○ Play a word game ○ Drink at least 7 cups of water ○ Get 30 minutes of physical activity	○ Eat 2 fruits and 2 vegetables ○ Drink at least 7 cups of water ○ Stretch for 15 minutes before bed
Week 4	○ Worship with your church ○ Drink at least 8 cups of water ○ Meal prep for this week's fruits and vegetables ○ Sleep for at least 7 hours	○ Read an informational article ○ Drink at least 8 cups of water ○ Eat 2 fruits and 3 vegetables ○ Do 30 minutes of strength training exercises	○ Read a chapter of the Bible ○ Drink at least 8 cups of water ○ Stretch for 15 minutes before bed ○ Sleep for at least 7 hours	○ Listen to an educational podcast ○ Drink at least 8 cups of water ○ Eat 2 fruits and 3 vegetables ○ Get 30 minutes of physical activity	○ Spend time in prayer ○ Drink at least 8 cups of water ○ Get 7,500 steps (an estimated 3 miles) ○ Stretch for 15 minutes before bed	○ Read a book for 10 minutes ○ Drink at least 8 cups of water ○ Eat 2 fruits and 3 vegetables ○ Do 30 minutes of strength training exercises	○ Serve someone or fill a need ○ Drink at least 8 cups of water ○ Get 7,500 steps (an estimated 3 miles) ○ Sleep for at least 7 hours

Learn more about how we advocate for your wellness and resilience at [GuideStone.org/HealthPlans](https://www.GuideStone.org/HealthPlans).

If you have a GuideStone health plan, learn more about how it supports you:



Nutritional health with  
[Go.Cylinder.com/GuideStone](https://Go.Cylinder.com/GuideStone)



Type 2 diabetes with  
[Connect.TwinHealth.com/GuideStone](https://Connect.TwinHealth.com/GuideStone)



Joint health with  
[Join.SwordHealth.com/BCBS](https://Join.SwordHealth.com/BCBS)



Overall wellness and resilience at  
[GuideStone.org/MemberJourney](https://GuideStone.org/MemberJourney)

After you complete this challenge, create your own SMART goals to continue your progress. **SMART** goals – **S**pecific, **M**easurable, **A**chievable, **R**elevant and **T**ime-bound – help you stay focused and motivated. Using what you learned over the past four weeks, set realistic, clearly defined goals that support long-term well-being around the following goals:

### Nutritional

#### Hydration

8+ cups of water daily

#### Nourishment

5 total servings of fruits and vegetables daily (any combination).

### Physical

#### Moderate Cardio

150 minutes each week (about 30 minutes, 5x/week).

#### Strength Training

Incorporated into cardio workouts  
2x/week

#### Sleep

7+ hours nightly

### Spiritual/Mental

#### Education

Spend time in prayer, walking with the Lord, reading and/or learning every day.

**Completed the challenge?** Tag us @GuideStone on Facebook or Instagram with the hashtag #GuideStoneWellnessChallenge.

Participation is voluntary. If you choose to participate, GuideStone may acknowledge your participation by liking or reposting your social media content related to this challenge.

Questions about the challenge? Contact us at [Insurance@GuideStone.org](mailto:Insurance@GuideStone.org).

