

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
Day 1	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
Day 2	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
Day 3	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
Day 4	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
Day 5	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

Day 6	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
Day 7	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
Day 8	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
Day 9	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
Day 10	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
Day 11	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
Day 12	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

Day 13	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
Day 14	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
Day 15	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
Day 16	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
Day 17	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
Day 18	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
Day 19	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

Day 20	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
Day 21	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.