



DARE TO COMPARE

30-DAY CHALLENGE



VERTICAL REFLECTION

CORE MEMORY VERSE

PHILIPPIANS 2:3-4

“³DO NOTHING FROM SELFISH AMBITION OR CONCEIT, BUT IN HUMILITY COUNT OTHERS MORE SIGNIFICANT THAN YOURSELVES. ⁴LET EACH OF YOU LOOK NOT ONLY TO HIS OWN INTERESTS, BUT ALSO TO THE INTERESTS OF OTHERS.”

	DAY 1 VERSE OF THE MONTH PHILIPPIANS 2:3-4 YOUTUBE: <u>WELCOME VIDEO</u> REMEMBER TO BECOME A SUBSCRIBER TO THE LVF YOUTUBE PAGE	DAY 2 VERSE OF THE MONTH PHILIPPIANS 2:3-4 WORKOUT: <u>MOVE FOR 10: PROVE</u>	DAY 3 SCRIPTURE GENESIS 37:1-11 <u>HEALTH HABIT VIDEO 1</u> SESSION 1 <u>ASSESSMENT VIDEO</u>	DAY 4 SCRIPTURE GENESIS 37:1-11 WORKOUT: <u>MOVE FOR 10: CLIMB</u>	DAY 5 SCRIPTURE GENESIS 37:1-11 <u>VERTICAL REFLECTION SESSION 1 VIDEO</u>	DAY 6 SCRIPTURE GENESIS 37:1-11 WORKOUT: <u>MOVE FOR 10: RISE</u>	DAY 7 SCRIPTURE GENESIS 37:1-11 SESSION 1 REFLECTION: JOURNAL QUESTION OF THE WEEK	DAYS 3-7 NOTES READ GENESIS 37:1-11 <u>JOURNAL QUESTION OF SESSION 1:</u> - WHY DO YOU THINK JOSEPH'S BROTHERS STRUGGLED SO MUCH WITH COMPARING THEMSELVES TO HIM? - WHAT ARE SOME AREAS WHERE YOUTH ARE MOST TEMPTED TO COMPARE THEMSELVES TO OTHERS TODAY? - HOW DOES COMPARISON KEEP US FROM APPRECIATING THE GIFTS AND OPPORTUNITIES GOD HAS GIVEN US?
DAY 8 VERSE OF THE MONTH PHILIPPIANS 2:3-4 WORKOUT: <u>CHALLENGE ROUTINE: MOVE FOR 20: OWN IT</u>	DAY 9 VERSE OF THE MONTH PHILIPPIANS 2:3-4 WORKOUT: <u>MOVE FOR 10: PROVE</u>	DAY 10 SCRIPTURE GENESIS 37:12-24 <u>HEALTH HABIT VIDEO 2</u> SESSION 2 <u>ASSESSMENT VIDEO</u>	DAY 11 SCRIPTURE GENESIS 37:12-24 WORKOUT: <u>MOVE FOR 10: CLIMB</u>	DAY 12 SCRIPTURE GENESIS 37:12-24 <u>VERTICAL REFLECTION SESSION 2 VIDEO</u>	DAY 13 SCRIPTURE GENESIS 37:12-24 WORKOUT: <u>MOVE FOR 10: RISE</u>	DAY 14 SCRIPTURE GENESIS 37:12-24 SESSION 2 REFLECTION: JOURNAL QUESTION OF THE WEEK	DAY 15 VERSE OF THE MONTH PHILIPPIANS 2:3-4 WORKOUT: <u>CHALLENGE ROUTINE: MOVE FOR 20: OWN IT</u>	DAYS 10-14 NOTES GENESIS 37:12-24 <u>JOURNAL QUESTION OF SESSION 2:</u> - HOW DID COMPARISON BEGIN TO CHANGE THE WAY JOSEPH'S BROTHERS VIEWED HIM? - HAVE YOU EVER FOUND YOURSELF ASSUMING THE WORST ABOUT SOMEONE BECAUSE YOU WERE JEALOUS OF THEM? - WHAT DOES IT LOOK LIKE TO TRUST GOD'S PLAN WHEN IT SEEMS DIFFERENT FROM SOMEONE ELSE'S?
DAY 16 VERSE OF THE MONTH PHILIPPIANS 2:3-4 WORKOUT: <u>MOVE FOR 10: PROVE</u>	DAY 17 SCRIPTURE GENESIS 37:25-36 <u>HEALTH HABIT VIDEO 3</u> SESSION 3 <u>ASSESSMENT VIDEO</u>	DAY 18 SCRIPTURE GENESIS 37:25-36 WORKOUT: <u>MOVE FOR 10: CLIMB</u>	DAY 19 SCRIPTURE GENESIS 37:25-36 <u>VERTICAL REFLECTION SESSION 3 VIDEO</u>	DAY 20 SCRIPTURE GENESIS 37:25-36 WORKOUT: <u>MOVE FOR 10: RISE</u>	DAY 21 SCRIPTURE GENESIS 37:25-36 SESSION 3 REFLECTION: JOURNAL QUESTION OF THE WEEK	DAY 22 VERSE OF THE MONTH PHILIPPIANS 2:3-4 WORKOUT: <u>CHALLENGE ROUTINE: MOVE FOR 20: OWN IT</u>	DAY 23 VERSE OF THE MONTH PHILIPPIANS 2:3-4 WORKOUT: <u>MOVE FOR 10: PROVE</u>	DAYS 17-21 NOTES GENESIS 37:25-36 <u>JOURNAL QUESTION OF SESSION 3:</u> - HOW DID THE BROTHERS' JEALOUSY EVENTUALLY AFFECT THEIR ACTIONS? - WHY IS IT EASIER TO RECOGNIZE JEALOUSY IN OTHERS THAN IN OURSELVES? - WHAT ARE SOME PRACTICAL WAYS WE CAN FIGHT COMPARISON BEFORE IT BEGINS CONTROLLING OUR CHOICES?
DAY 24 SCRIPTURE GENESIS 50:15-21 <u>HEALTH HABIT VIDEO 4</u> SESSION 4 <u>ASSESSMENT VIDEO</u>	DAY 25 SCRIPTURE GENESIS 50:15-21 WORKOUT: <u>MOVE FOR 10: CLIMB</u>	DAY 26 SCRIPTURE GENESIS 50:15-21 <u>VERTICAL REFLECTION SESSION 4 VIDEO</u>	DAY 27 SCRIPTURE GENESIS 50:15-21 WORKOUT: <u>MOVE FOR 10: RISE</u>	DAY 28 SCRIPTURE GENESIS 50:15-21 SESSION 4 REFLECTION: JOURNAL QUESTION OF THE WEEK	DAY 29 VERSE OF THE MONTH PHILIPPIANS 2:3-4 WORKOUT: <u>CHALLENGE ROUTINE: MOVE FOR 20: OWN IT</u>	DAY 30 VERSE OF THE MONTH PHILIPPIANS 2:3-4 PROGRAM REFLECTION AND PRAYER	WAY TO LIVE VERTICAL FIT! CHOOSE YOUR NEXT CHALLENGE!	DAYS 24-28 NOTES GENESIS 50:15-21 <u>JOURNAL QUESTION OF SESSION 4:</u> - HOW DO YOU THINK JOSEPH WAS ABLE TO TRUST GOD THROUGH SO MANY DIFFICULT SITUATIONS? - WHAT DO JOSEPH'S BROTHERS FINALLY LEARN AFTER SEEING HOW GOD USED JOSEPH'S LIFE? - HOW CAN FOCUSING ON GOD'S PLAN HELP US STOP COMPARING OURSELVES TO OTHER PEOPLE?

TIPS FOR ‘MOVE FOR 10' AND ‘MOVE FOR 20' WORKOUTS:

- MAKE SURE YOUR WORKOUT SPACE IS LARGE ENOUGH TO MOVE IN SAFELY.
- MAKE SURE YOU CAN SEE THE TABLET OR PHONE TO BE ABLE TO FOLLOW ALONG WITH THE EXERCISES.
- DO NOT EXERCISE WITHOUT AN ADULT PRESENT.
- HAVE WATER AVAILABLE FOR PROPER HYDRATION.
- IF YOU FEEL DIZZY OR LIGHT-HEADED, STOP THE PROGRAM AND LET YOUR PARENT/ADULT KNOW.

****PERFORM ALL ‘MOVE FOR 10’ AND ‘MOVE FOR 20’ ROUTINES USING THE LIVE VERTICAL FIT YOUTUBE PAGE***

GIVE A ‘THUMBS UP’ AFTER EACH VIDEO AND SUBSCRIBE

SIGN UP FOR MORE @
LIVEVERTICALFIT.ORG