

Matthew

Scripture workout schedule

SUN	MON	TUE	WED	THU	FRI	SAT
Rest day	12-minute workout chapter 1-2	12-minute workout chapter 3-4	15-minute workout chapter 5	15-minute workout chapter 6-7	16-minute workout chapter 8-9	prayer walk <small>*walk and pray to God as you do it</small>
Rest day	16-minute workout chapter 10-11	12-minute workout chapter 12	15-minute workout chapter 13	16-minute workout chapter 14-15	15-minute workout chapter 16-17	prayer walk
Rest day	12-minute workout chapter 18	15-minute workout chapter 19-20	10-minute workout chapter 21	16-minute workout chapter 22-23	12-minute workout chapter 24	prayer walk
Rest day	12-minute workout chapter 25	16-minute workout chapter 26	15-minute workout chapter 27	12-minute workout chapter 28	prayer walk	prayer walk

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