

# FUEL CHANGE

FAITH. UNITY. ENDURANCE. LONGEVITY.

Welcome to FUEL. Whether your goal is to improve your energy, manage stress, build strength, or simply feel better, we're glad you're here.

LASTING WELLNESS IS NOT CREATED BY INFORMATION ALONE.  
IT IS CREATED THROUGH CONSISTENT BEHAVIORS PRACTICED OVER TIME.

## F FAITH INSIDE OUT



Faith reminds us that our bodies are a gift and that wellness is an act of stewardship. Before focusing on outcomes, focus on purpose.

*"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."*

1 CORINTHIANS 6:19-20

### ASK YOURSELF

- > Why do I want to improve my health?
- > How will better health allow me to serve others?
- > What habits am I being called to improve?

### PRACTICE REGULARLY

- Spend time each day in prayer, devotion, or reflection.
- Write down one area of health you'd like to steward better.

## U UNITY IN COMMUNITY



We were not designed to do life alone. Community provides connection, encouragement, accountability, and perspective when motivation begins to fade.

### PRACTICE REGULARLY

- Participate in FUEL experiences whenever possible.
- Invite a friend or family member to join you.
- Build relationships with people who support your wellness journey.
- Encourage someone else along the way.

## E ENDURANCE CREATES CHANGE



Endurance is the ability to continue showing up long after excitement fades. Progress is not determined by what you do occasionally; it's determined by what you do consistently.

### PRACTICE REGULARLY

- Move your body at least three times each week.
- Drink water consistently throughout the day.
- Make one healthy choice each day that supports your well-being.
- Focus on consistency rather than perfection.

## L LONGEVITY LONG HAUL



Longevity is not simply about adding years to your life; it's about adding life to your years. Physical activity is one of the most powerful tools to preserve your independence and quality of life.

### PRACTICE REGULARLY

- Prioritize quality sleep.
- Schedule movement into your week.
- Choose activities that support long-term health.
- Make decisions today that your future self will benefit from.

## YOUR FIRST 7 DAYS

COMPLETE AS MANY AS POSSIBLE



DRINK MORE WATER THAN USUAL



MOVE FOR 20-30 MINUTES



EAT A SERVING OF FRUIT



EAT A SERVING OF VEGETABLES



GET AT LEAST 7 HOURS OF SLEEP



SPEND TIME IN PRAYER OR REFLECTION



PRACTICE GRATITUDE



CONNECT WITH THE FUEL COMMUNITY



COMPLETE YOUR WEEKLY JOURNAL PROMPTS

## THE FUEL COMMITMENT

### SIGN YOUR PLEDGE BELOW

I understand that lasting wellness is built through consistent daily choices. I commit to honoring my mind, body, and spirit through intentional habits, supportive community, and faithful stewardship.

I WILL FOCUS ON PROGRESS, NOT PERFECTION.

X

SIGNATURE

DATE

FAITH • UNITY • ENDURANCE • LONGEVITY

LET'S BUILD A HEALTHIER FUTURE TOGETHER.