



FAITH. UNITY. ENDURANCE. LONGEVITY.

FUEL WELLNESS GUIDE: WEEK 4

CONSISTENCY OVER PERFECTION

FUEL Focus: Endurance | Keep Showing Up



COACH'S CORNER
Coach Jamar

Over the last few weeks, you've started paying more attention to your body and creating opportunities to move more throughout your day.

Now comes the part where real change begins: consistency.

One of the biggest mistakes people make is believing they have to be perfect.

- » Missed a workout? Start again.
- » Didn't drink enough water? Start again.
- » Made a choice you wish you could take back? Start again.

The people who experience lasting change aren't the ones who never get off track. They're the ones who keep getting back on.

Don't let one decision convince you to quit.

Every healthy choice is another investment in your future. Keep showing up.

Your consistency will always take you farther than perfection ever could.



SCRIPTURE

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."

Galatians 6:9

SCRIPTURE REFLECTION

God isn't asking for perfection.

He's asking for faithfulness. Small, consistent acts of stewardship produce lasting fruit over time.

1 THIS WEEK'S MOVEMENT COACHING

This week, build a movement routine that fits your life.

Choose one:

-  Take a 15-minute walk each day.
-  Stretch for 10 minutes each morning.
-  Complete three workouts this week.
-  Walk during your lunch break.
-  The best routine isn't the hardest one. It's the one you'll keep doing.

2 WEEKLY CHALLENGE



CONSISTENCY CHALLENGE

Move your body for at least 15 minutes every day this week.

Remember, consistency doesn't require perfection. It simply requires you to keep showing up.

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|------------------------------|------------------------------|------------------------------|------------------------------|
| ☐ Mon | ☐ Tue | ☐ Wed | ☐ Thu |
| ☐ Fri | ☐ Sat | ☐ Sun | |



COACH JAMAR'S WELLNESS TIP

Don't rely on motivation. Schedule your walks, workouts, or movement breaks just like any other important appointment. What gets scheduled is much more likely to get done.

3 CELEBRATE A WIN



What's one healthy habit you're becoming more consistent with?

Take a moment to recognize your progress.

The small choices you're making today are building the life you want tomorrow.



JOURNAL PROMPT

Where in my life am I chasing perfection instead of practicing consistency?



Celebrate your progress. Give yourself grace. Keep showing up.

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Coach Jamar Robinson

Director of Wellness & Recreation
Change Church

LET'S BUILD A HEALTHIER FUTURE TOGETHER.