

CCC Health and Wellness Challenge

January 2-31, 2025

“Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.” 3 John 2

Challenge Guidelines

Beverages

- Avoid sugary beverages.
- Avoid alcoholic beverages.
- Drink at least **60 ounces of water daily**.

Food

- Avoid all sweets, desserts, and candy.
- Avoid fried foods, chips, pizza, fast food, white bread, and white pasta (*whole grain and wheat options are acceptable*).
- Avoid condiments and sauces containing added sugar.

Exercise

- Commit to **45 minutes of physical activity daily** (e.g., walking, running, strength training, or other forms of exercise).

Mental Health

- Spend the **first 30 minutes of your day** screen-free.
- Spend the **last 30 minutes of your day** screen-free (*screens include phones, TVs, laptops, desktops, tablets, etc.*).

Soul Care

- Dedicate **30 minutes daily** to Christian content (e.g., Scripture reading, worship, or podcasts).
- Read [*Living Fearless by Jamie Winship*](#) as part of the journey.