TRANSFORM 56

A SOULSTRENGTH FIT CHALLENGE

Transform 56

56 days. Six daily commitments. One stronger you — body, mind, and spirit.

"Do you not know that your bodies are temples of the Holy Spirit…? You are not your own; you were bought at a price. Therefore honor God with your bodies."

1 CORINTHIANS 6:19–20

Welcome to Transform 56

You signed up. That's step one. The next 56 days are about showing up and doing the work — building habits that actually change how you live.

This isn't a quick fix. It's a program built to create real, lasting change in your body, your mind, and your walk with the Lord. You'll move daily, eat clean, hydrate, cut alcohol, get in the Word, and lean on people who'll keep you honest.

You already have what it takes. **2 Timothy 1:7** says God gave you a spirit of power, love, and self-discipline — not fear. Your job over the next 56 days is to put it to work.

YOUR 6 DAILY COMMITMENTS

- ☐ **Bible study & prayer.** 10–15 minutes a day.
- ☐ **Exercise.** 30 minutes a day — strength or cardio.
- ☐ **Clean eating.** Whole, God-given foods.
- ☐ **Hydration.** A gallon of water a day.
- ☐ **Minimize alcohol.** For the full 56 days.
- ☐ **Accountability.** A friend, spouse, or group.

Don't wait for the perfect time. Start tomorrow. Make the most of these 56 days — they go faster than you think, and what you build now sticks.

Transform 56 Tracker

Days 1–28 · Fill in a circle for each commitment you hit. Aim for all six, every day.

DATE	BIBLE STUDY	EXERCISE	CLEAN EATING	WATER	SUPPLEMENTS	NO ALCOHOL
1	○	○	○	○	○	○
2	○	○	○	○	○	○
3	○	○	○	○	○	○
4	○	○	○	○	○	○
5	○	○	○	○	○	○
6	○	○	○	○	○	○
7	○	○	○	○	○	○
8	○	○	○	○	○	○
9	○	○	○	○	○	○
10	○	○	○	○	○	○
11	○	○	○	○	○	○
12	○	○	○	○	○	○
13	○	○	○	○	○	○
14	○	○	○	○	○	○
15	○	○	○	○	○	○
16	○	○	○	○	○	○
17	○	○	○	○	○	○
18	○	○	○	○	○	○
19	○	○	○	○	○	○
20	○	○	○	○	○	○
21	○	○	○	○	○	○
22	○	○	○	○	○	○
23	○	○	○	○	○	○
24	○	○	○	○	○	○
25	○	○	○	○	○	○
26	○	○	○	○	○	○
27	○	○	○	○	○	○
28	○	○	○	○	○	○

Transform 56 Tracker

Days 29–56 · You're halfway. Finish what you started.

DATE	BIBLE STUDY	EXERCISE	CLEAN EATING	WATER	SUPPLEMENTS	NO ALCOHOL
29	○	○	○	○	○	○
30	○	○	○	○	○	○
31	○	○	○	○	○	○
32	○	○	○	○	○	○
33	○	○	○	○	○	○
34	○	○	○	○	○	○
35	○	○	○	○	○	○
36	○	○	○	○	○	○
37	○	○	○	○	○	○
38	○	○	○	○	○	○
39	○	○	○	○	○	○
40	○	○	○	○	○	○
41	○	○	○	○	○	○
42	○	○	○	○	○	○
43	○	○	○	○	○	○
44	○	○	○	○	○	○
45	○	○	○	○	○	○
46	○	○	○	○	○	○
47	○	○	○	○	○	○
48	○	○	○	○	○	○
49	○	○	○	○	○	○
50	○	○	○	○	○	○
51	○	○	○	○	○	○
52	○	○	○	○	○	○
53	○	○	○	○	○	○
54	○	○	○	○	○	○
55	○	○	○	○	○	○
56	○	○	○	○	○	○

The Daily Commitments

Bible Study & Prayer

10–15 minutes a day

Get in the Word every day. Pick a reading plan, work through a devotional, or journal your prayers. Whatever keeps you consistent. Ten minutes is the floor, not the ceiling — build from there.

Need a plan? Pick up Transform Daily on Amazon — an 8-week devotional that lines up perfectly with the 8-week Transform Daily Faith & Fitness Challenge. Or follow the daily devotionals (audio or PDF) inside the challenge itself.

Exercise

30 minutes a day

Move every day. Aim for **3 strength sessions** and **4 walks or cardio sessions** a week.

Mon / Wed / Fri — 30 min strength training
Tue / Thu / Sat / Sun — 30 min walk or cardio

Strength training is non-negotiable. Building muscle burns more fat, protects your bones, raises your energy, and lowers your risk of disease. The next pages walk you through **six exercises** that cover your whole body.

> *Start every workout in prayer. Ask for strength. Then go to work.*

Or follow the three faith-based strength workouts each week inside the Transform Daily 8-Week Challenge. Done for you.

Six Exercises. Full Body.

Six exercises. Three sets of 10–15 reps each. Three times a week. We're hitting lower body, upper body, core, and rotational work — everything you need.

1. **Squats**
2. **Lateral Lunges**
3. **Dumbbell Chops**
4. **Plank**
5. **Dumbbell Row**
6. **Push-Ups**

Or use the three weekly strength workouts inside the Transform Daily 8-Week Challenge — programmed for you.

1 · SQUATS

Quads, hamstrings, glutes, calves, low back, core. One of the best moves you can do. Feet slightly wider than hip-width, toes forward. Weight in your heels, shoulders back, chest up. Send your hips back and down like you're sitting in a chair behind you. Stand back up. Start with bodyweight, then load with dumbbells — either at your sides or under your chin.

2 · LATERAL LUNGES

Quads, glutes, inner and outer thighs — plus balance and side-to-side mobility most people miss. Your body moves in three planes: front-to-back, side-to-side, rotational. Train all three. Step your right foot out to the side. Keep your left leg straight, chest lifted, toes forward. Push your hips back and down. Drive through your right heel to come back. 10–15 per side. Add dumbbells when you're ready.

Six Exercises. Full Body.

3 · DUMBBELL CHOPS

Core, legs, glutes, low back, arms, shoulders — all at once. Rotational work strengthens your core, opens your hips, and protects your low back. Feet wider than hip-width, toes forward. Hold one dumbbell with both hands. Flat back, shoulders pulled back. Push your hips back and reach the dumbbell to the inside of your left knee. That's your start. Arms straight, pivot and swing the dumbbell up and across above your right shoulder — like a golf swing. Let your left hip, knee, and toes rotate to follow. Sink back down. 10–15 per side.

4 · PLANK

Core, back, chest, shoulders, quads. Better than crunches. Top of a push-up: palms and toes planted, back flat, core tight. Don't let your hips drop. Don't let your head sag. For forearm plank, drop to your elbows under your shoulders. Hold 30 seconds. Work up to a minute.

5 · DUMBBELL ROW

Back, shoulders, biceps, core. Critical for posture and a healthy back.

- Stand in front of a bench, feet shoulder-width. Hinge at the hips, lower your torso, rest your off-hand palm on the bench. Shoulders above hips.
- Grab the dumbbell. Flat back, neutral head, core tight. Pull your elbow up and drive the dumbbell to your ribcage. Shoulders square. No twisting.
- Lower with control. 10–15 per side.

Six Exercises. Full Body.

6 · PUSH-UPS

Arms, chest, core, legs. No equipment. Infinite progressions. If you're new, start at the wall — hands wider than your shoulders, feet a step back. Bend your elbows, lower in, press out. Progress to a bench or coffee table (lower angle, more weight). Then knees on the floor in a high plank position — flat back, tight core, bend deep. Finally, full push-ups from a high plank.

Start with 10 reps. Build from there.

> *Your workout: all six exercises, 10–15 reps each, three rounds. Three days a week. Pray before you start.*

Want it programmed for you? The Transform Daily 8-Week Challenge gives you three faith-based strength workouts every week, ready to follow.

Whole Foods. Real Fuel.

Eat what God provided: meat, poultry, fish, eggs, vegetables, fruit, nuts, healthy fats. Food is either fueling you or working against you. Pick six categories and build your plate around them.

LEAN MEAT, POULTRY & FISH

Protein is the foundation. It builds and maintains muscle, steadies blood sugar, fuels energy, and kills cravings. A 3-oz serving of lean beef gives you ten essential nutrients including B12, zinc, iron, and choline — muscle, brain function, immunity, bones. Animal protein has the most complete amino-acid profile and the highest nutrient density per calorie. Don't skip it.

EGGS

Six grams of protein each, all nine essential amino acids, cheap, fast. One of the easiest ways to hit your protein target.

WHEY PROTEIN & GREEK YOGURT

Whey is the most studied protein supplement on the planet. Complete amino-acid profile, high in leucine, fast absorption — ideal for building muscle and staying full. Greek yogurt brings protein, calcium, probiotics, and B12. Buy plain, add nuts, seeds, berries, or a scoop of whey.

Clean Eating

VEGETABLES

Three servings minimum, every day. Leafy greens, cruciferous, non-starchy — not all three from potatoes or corn. Vegetables drop blood pressure, steady blood sugar, improve digestion, and slow aging. Hit your protein. Hit your vegetables. That alone changes everything.

BERRIES

One of the healthiest foods you can eat. Low calorie, high antioxidant, high fiber. One serving a day. Frozen is fine — throw them in a whey shake.

NUTS & SEEDS

Protein, healthy fats, fiber, vitamins, minerals. Antioxidants that protect your cells. Heart-healthy fats. Filling. A small handful goes a long way.

A Gallon a Day

Water runs everything. Your body is mostly water — it flushes waste, lubricates joints, regulates temperature, transports nutrients, fuels your brain. Get enough of it and:

- Joints, spine, and tissues stay protected
- Digestion improves; bloating and constipation drop
- Workouts get better — muscle builds faster
- Hunger drops, weight management gets easier
- Energy goes up, illness risk goes down
- Focus and concentration sharpen
- Mood steadies — low water intake is linked to anxiety and depression
- Skin looks and feels better

How to actually do it: buy seven gallons at the start of the week. One per day. Drink a glass first thing in the morning. Drink a liter during your workout. Keep a refillable bottle within reach all day. Change it up — lemon, apple cider vinegar, electrolytes, green tea. Be relentless about it. You'll feel the difference in a week.

Cut It for 56 Days

Drop alcohol and a lot changes — fast. Better sleep. Less anxiety. Sharper mind. Steadier hormones. Stronger immune system. Lower risk of heart disease, liver disease, and certain cancers. The research is clear.

It's also hard. Temptation will come. Push through it. Most people notice the benefits within a few weeks. For the next 56 days, cut alcohol (with grace for the rare special occasion).

Now Start

Don't wait for the perfect time. There isn't one. If you wait for life to slow down, you'll never start. There will always be a reason it's inconvenient — and what you'll gain in these 56 days far outweighs every excuse.

This is a tool you can run again and again. Each round, you get stronger — body, mind, and spirit.

> *You have a spirit of power, wisdom, and self-discipline. Put it to work.*

Don’t Do It Alone

People who have support finish. People who go solo don’t. The research backs it up, and so does experience — accountability is the difference between starting and finishing.

On the days you want to quit, the right person keeps you in it. On the days you crush it, they celebrate with you. Find a friend, a spouse, a coworker, or a group of believers — anyone who’ll check in and call you out.

Tell someone today. Get a name on the calendar. Set a check-in time. That one step doubles your odds of finishing.

> *“Two are better than one… If either of them falls down, one can help the other up.” — Ecclesiastes 4:9–10*