

Name: _____

Date: _____

FIT FOR THE KINGDOM

H V I O R S L H S L W E I G H T S
O Y Q K Z O M U P S W I M M I N G
L L V M X U E V I A B M U Z P L P
Y Y W M J L V I R G Q I M W H G Y
R E P M A P N O I T A T I D E M M
O J O G G I N G T T O F C M S P B
X T W M O R F I U S U S E J K O N
P A Q M I S G T A L B Y S P C Z P
F A M I L Y W L L E X D Q E A P I
Y P A F F I R M A T I O N N J Q H
U E X C E R C I S E A B N E G D S
I N E W L I G H T N T E V I N N R
E R K I V T K I N G D O M G I I O
X S Q U A T S W A N T R W Y P M W
G Q U H M F L G K C H G H H M E T
Q F V R K Z O H E A T H Y O U B T
F E D B I Y V K S P L W O X J J V

JUMPING JACKS
EXCERCISE
JOGGING
FAMILY
JESUS
SOUL

AFFIRMATION
NEWLIGHT
WORSHIP
PAMPER
ZUMBA
BODY

MEDITATION
SWIMMING
HYGIENE
SQUATS
HOLY
MIND

SPIRITUAL
KINGDOM
WEIGHTS
HEATHY
YOGA