

70 FAITHFUL

Challenge

70 Faithful is a 10-week challenge designed to help you build consistent, Christ-centered habits that will strengthen your spirit from the inside out. Inspired by the structure of 75 Hard, this challenge replaces hustle with holiness and performance with presence. Every day, you'll commit to seven core habits that help you draw closer to God in real, tangible ways. Each week, you'll focus on a new theme—with a Scripture, reflection, and an optional challenge to go deeper.

HOW IT WORKS

Complete your daily habits every day for 70 days plus the 8th habit once a week

1. Read 1 Chapter of the Bible: You choose the book, but you must read one full chapter a day.
2. Pray Intentionally (Minimum 10 Minutes): This can be journaling, silent prayer, talking out loud, etc.
3. Listen to Faith-Based Worship or Teaching (15+ Minutes): Can be a worship playlist, sermon, podcast, or YouTube video.
4. Move Your Body (30+ Minutes): This isn't about intensity, just consistency. Walking, stretching, strength training, dancing...whatever supports your temple.
5. Drink a Full Gallon of Water: Keep your body hydrated. (Or set a realistic goal if needed—like 70 oz.)
6. No Gossip/No Complaining: Stay accountable for your words. Speak life or stay silent.
7. Track Progress: This could be a daily photo or a personal daily journal entry! It's not just of physical change, it's also spiritual and emotional progress.
8. Attend one church service: (This one is required for all levels) It can be in person or online! Just show up!

If you miss a day (for non emergency reasons—I get it, life happens), the challenge restarts, not to punish you, but to remind you that consistency is where transformation really begins.

Each week brings a new spiritual focus to help shape not just your routine, but your heart

THE 3 LEVELS OF COMMITMENT:

70 Faithful Hard

Complete all 7 daily habits plus the 8th weekly habit as well as the weekly challenge

Track your growth, document your progress, and reflect weekly

70 Faithful Medium

Choose any 6 out of 7 daily habits to complete along with the 8th weekly habit

Weekly challenge is optional

Still encouraged to reflect weekly

70 Faithful Soft

Choose any 5 out of 7 daily habits to complete along with the 8th weekly habit

No weekly challenge required

Still encouraged to reflect weekly

You don't have to do it all to start, you just have to be willing. The goal isn't perfection; it's progress. Choose the path that challenges you without crushing you.



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Daily Habit (Week 1)	1	2	3	4	5	6	7
Read 1 Chapter	☐	☐	☐	☐	☐	☐	☐
Pray Intentionally	☐	☐	☐	☐	☐	☐	☐
Listen to Worship or Faith Based Teaching	☐	☐	☐	☐	☐	☐	☐
Move Your Body	☐	☐	☐	☐	☐	☐	☐
Drink Your Water	☐	☐	☐	☐	☐	☐	☐
No Gossip	☐	☐	☐	☐	☐	☐	☐
Progress Tracker	☐	☐	☐	☐	☐	☐	☐
Church Service	☐						

"Trust in the Lord with all your heart, and do not rely on your own understanding."

— Proverbs 3:5 (CSB)

TRUTH:

True transformation starts with surrender. You can't grow in faith without giving God the space to lead.

REFLECTION QUESTION:

What areas of your life do you still try to control instead of surrendering to God?

EXTRA CHALLENGE

Fast from something that distracts you for 24 hours (social media, sugar, Netflix, etc.)

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Daily Habit (Week 2)	8	9	10	11	12	13	14
Read 1 Chapter	☐	☐	☐	☐	☐	☐	☐
Pray Intentionally	☐	☐	☐	☐	☐	☐	☐
Listen to Worship or Faith Based Teaching	☐	☐	☐	☐	☐	☐	☐
Move Your Body	☐	☐	☐	☐	☐	☐	☐
Drink Your Water	☐	☐	☐	☐	☐	☐	☐
No Gossip	☐	☐	☐	☐	☐	☐	☐
Progress Tracker	☐	☐	☐	☐	☐	☐	☐
Church Service	☐						

"I will praise you because I have been remarkably and wondrously made."

—Psalm 139:14 (CSB)

TRUTH:

Who you are in Christ is more powerful than what the world says about you... or even what you say about yourself!

REFLECTION QUESTION:

What lies have you believed about yourself that God wants to rewrite with truth?

EXTRA CHALLENGE

Write down 5 things God says about you, and post one somewhere you'll see it daily.

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Daily Habit (Week 3)	15	16	17	18	19	20	21
Read 1 Chapter	☐	☐	☐	☐	☐	☐	☐
Pray Intentionally	☐	☐	☐	☐	☐	☐	☐
Listen to Worship or Faith Based Teaching	☐	☐	☐	☐	☐	☐	☐
Move Your Body	☐	☐	☐	☐	☐	☐	☐
Drink Your Water	☐	☐	☐	☐	☐	☐	☐
No Gossip	☐	☐	☐	☐	☐	☐	☐
Progress Tracker	☐	☐	☐	☐	☐	☐	☐
Church Service	☐						

"No discipline seems enjoyable at the time, but painful. Later on, however, it yields the peaceful fruit of righteousness to those who have been trained by it."

—Hebrews 12:11 (CSB)

TRUTH:

Faith isn't about feelings. It's about showing up. Growth happens when you push past what's comfortable.

REFLECTION QUESTION:

Where are you tempted to quit when things get hard? What would it look like to stay faithful instead?

EXTRA CHALLENGE

Go to bed and wake up 30 minutes earlier this week. Use that time to be with God.

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Daily Habit (Week 4)	22	23	24	25	26	27	28
Read 1 Chapter	☐	☐	☐	☐	☐	☐	☐
Pray Intentionally	☐	☐	☐	☐	☐	☐	☐
Listen to Worship or Faith Based Teaching	☐	☐	☐	☐	☐	☐	☐
Move Your Body	☐	☐	☐	☐	☐	☐	☐
Drink Your Water	☐	☐	☐	☐	☐	☐	☐
No Gossip	☐	☐	☐	☐	☐	☐	☐
Progress Tracker	☐	☐	☐	☐	☐	☐	☐
Church Service	☐						

"He said, 'Rather, blessed are those who hear the word of God and keep it.'"

—Luke 11:28 (CSB)

TRUTH:

Obedience is love in action. It's not about rules, it's about trusting that God's way is better.

REFLECTION QUESTION:

What has God been asking you to do (or let go of) that you've been resisting?

EXTRA CHALLENGE

Do one thing this week you know God is prompting you to do. Even if it's uncomfortable.

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Daily Habit (Week 5)	29	30	31	32	33	34	35
Read 1 Chapter	☐	☐	☐	☐	☐	☐	☐
Pray Intentionally	☐	☐	☐	☐	☐	☐	☐
Listen to Worship or Faith Based Teaching	☐	☐	☐	☐	☐	☐	☐
Move Your Body	☐	☐	☐	☐	☐	☐	☐
Drink Your Water	☐	☐	☐	☐	☐	☐	☐
No Gossip	☐	☐	☐	☐	☐	☐	☐
Progress Tracker	☐	☐	☐	☐	☐	☐	☐
Church Service	☐						

"Do not be conformed to this age, but be transformed by the renewing of your mind, so that you may discern what is the good, pleasing, and perfect will of God."

—Romans 12:2 (CSB)

TRUTH:

God doesn't just want to change your habits—He wants to change how you think!

REFLECTION QUESTION:

What thoughts or patterns need to be renewed in order for you to walk in freedom?

EXTRA CHALLENGE

Memorize a Bible verse this week that speaks life over your mindset.

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Daily Habit (Week 6)	36	37	38	39	40	41	42
Read 1 Chapter	☐	☐	☐	☐	☐	☐	☐
Pray Intentionally	☐	☐	☐	☐	☐	☐	☐
Listen to Worship or Faith Based Teaching	☐	☐	☐	☐	☐	☐	☐
Move Your Body	☐	☐	☐	☐	☐	☐	☐
Drink Your Water	☐	☐	☐	☐	☐	☐	☐
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Progress Tracker	☐	☐	☐	☐	☐	☐	☐
Church Service	☐						

"Just as each one has received a gift, use it to serve others, as good stewards of the varied grace of God."

—1 Peter 4:10 (CSB)

TRUTH

Serving isn't about being seen; it's about being faithful. God uses willing hearts, not perfect ones.

REFLECTION QUESTION:

How can you use your gifts or time this week to love someone else well?

EXTRA CHALLENGE

Perform a random act of kindness (anonymously if possible).

70 FAITHFUL

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Daily Habit (Week 7)	43	44	45	46	47	48	49
Read 1 Chapter	☐	☐	☐	☐	☐	☐	☐
Pray Intentionally	☐	☐	☐	☐	☐	☐	☐
Listen to Worship or Faith Based Teaching	☐	☐	☐	☐	☐	☐	☐
Move Your Body	☐	☐	☐	☐	☐	☐	☐
Drink Your Water	☐	☐	☐	☐	☐	☐	☐
No Gossip	☐	☐	☐	☐	☐	☐	☐
Progress Tracker	☐	☐	☐	☐	☐	☐	☐
Church Service	☐						

"For we walk by faith, not by sight."

—2 Corinthians 5:7 (CSB)

TRUTH:

Faith isn't about waiting until you feel ready. It's about moving forward even when emotions try to hold you back.

REFLECTION QUESTION:

When was the last time your feelings tried to talk you out of obedience? What happened?

EXTRA CHALLENGE

Identify one area where you've been waiting to "feel ready." This week, take one faith-filled step forward anyway.

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Challenge

Daily Habit (Week 8)	50	51	52	53	54	55	56
Read 1 Chapter	☐	☐	☐	☐	☐	☐	☐
Pray Intentionally	☐	☐	☐	☐	☐	☐	☐
Listen to Worship or Faith Based Teaching	☐	☐	☐	☐	☐	☐	☐
Move Your Body	☐	☐	☐	☐	☐	☐	☐
Drink Your Water	☐	☐	☐	☐	☐	☐	☐
No Gossip	☐	☐	☐	☐	☐	☐	☐
Progress Tracker	☐	☐	☐	☐	☐	☐	☐
Church Service	☐						

"Iron sharpens iron, and one person sharpens another."

—Proverbs 27:17 (CSB)

TRUTH:

You weren't made to do faith alone. Healing, growth, and strength happen in godly community.

REFLECTION QUESTION:

Who in your life challenges and encourages your faith? And who drains it?

EXTRA CHALLENGE

Reach out to one person this week who encourages your faith and intentionally thank them for their impact.

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Daily Habit (Week 9)	57	58	59	60	61	62	63
Read 1 Chapter	☐	☐	☐	☐	☐	☐	☐
Pray Intentionally	☐	☐	☐	☐	☐	☐	☐
Listen to Worship or Faith Based Teaching	☐	☐	☐	☐	☐	☐	☐
Move Your Body	☐	☐	☐	☐	☐	☐	☐
Drink Your Water	☐	☐	☐	☐	☐	☐	☐
No Gossip	☐	☐	☐	☐	☐	☐	☐
Progress Tracker	☐	☐	☐	☐	☐	☐	☐
Church Service	☐						

"For we are his workmanship, created in Christ Jesus for good works, which God prepared ahead of time for us to do."

— Ephesians 2:10 (CSB)

TRUTH:

You were made on purpose, with purpose. Your story isn't random, it's redemptive.

REFLECTION QUESTION:

Where in your life do you feel most called to make a difference right now?

EXTRA CHALLENGE

Write out your testimony. This can be for yourself, or you can share it if you feel called! Not sure where to start? You can check out my free [Testimony Writing Guide](#).



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Daily Habit (Week 10)	64	65	66	67	68	69	70
Read 1 Chapter	☐	☐	☐	☐	☐	☐	☐
Pray Intentionally	☐	☐	☐	☐	☐	☐	☐
Listen to Worship or Faith Based Teaching	☐	☐	☐	☐	☐	☐	☐
Move Your Body	☐	☐	☐	☐	☐	☐	☐
Drink Your Water	☐	☐	☐	☐	☐	☐	☐
No Gossip	☐	☐	☐	☐	☐	☐	☐
Progress Tracker	☐	☐	☐	☐	☐	☐	☐
Church Service	☐						

"Let us not get tired of doing good, for we will reap at the proper time if we don't give up."

—Galatians 6:9 (CSB)

TRUTH:

You made it to Week 10! Not because it was easy, but because you kept going. Perseverance builds strength that feelings can't shake!

REFLECTION QUESTION:

What's been your biggest breakthrough or lesson during this challenge, and how will you carry it forward?

EXTRA CHALLENGE

Celebrate your growth. Write an encouraging letter to your past self, it can be for any age!