

75 DAY CHALLENGE

STARTER GUIDE



RENEW YOUR FAITH. STRENGTHEN YOUR BODY.
REFRESH YOUR MIND.

This starter guide will help you prepare for 75 days of intentional growth in faith, health, and discipline. Inside, you'll find practical tools, encouragement, and daily habits to set you on a path of transformation; spiritually and physically.

Welcome!



Hi, i'm Miriam

I want to personally welcome you to the Women Set Apart 75-Day Faith & Fitness Challenge. You've made an incredible decision to step into this journey, one that is not just about physical health, but about your whole life: your faith, your body, your mind, and your spirit.

Over the next 75 days, you'll discover the power of small, intentional choices.

This challenge isn't about perfection, it's about progress. It's about drawing nearer to God, strengthening your body, and developing the discipline that will carry you into the life He has called you to live.

Some days will feel easy, others will be hard. But every step you take is a victory. Remember, you are not alone. You are part of a growing community of women who are cheering you on, and more importantly, you have a God who walks with you every step of the way.

This starter guide is designed to give you the tools you need to begin. Inside, you'll find encouragement, practical steps, and space to reflect on your journey. My prayer is that you will finish these 75 days not only stronger in body, but also deeper in faith and more confident in the woman God created you to be.

So, take a deep breath and lean in. You are capable, you are equipped, and you are ready. Let's begin this journey together!

Lets begin..



THE HEART BEHIND THIS CHALLENGE

My prayer is that this journey transforms you as much as it has transformed me.

When I created the Women Set Apart 75-Day Faith & Fitness Challenge, my heart was to help women like you (and me) reset, refocus, and grow stronger in both faith and daily life. I know what it feels like to long for change but to struggle with consistency, to feel overwhelmed, and to wonder if real transformation is even possible.

This challenge was born out of my own journey, a desire to build healthy habits, draw closer to God, and live with intention and discipline. I believe that when we align our minds, bodies, and spirits with God's truth, we unlock the strength to live the life He's called us to.

This is not just about fitness or routines. It's about becoming the woman God created you to be, a woman of strength, faith, and purpose. My prayer is that through these next 75 days, you will experience breakthrough, build lasting habits, and step confidently into your calling.

"Let us run with perseverance the race marked out for us." – Hebrews 12:1



This challenge is not about chasing perfection, strict rules, or simply checking boxes. It's about drawing closer to God each day while strengthening your body and mind through intentional habits.

At its core, the Women Set Apart 75-Day Challenge is an invitation to renewal; spiritual, physical, and emotional. It's about learning to walk in daily discipline, not through your own strength, but by God's grace.

You'll be reminded that discipline is not punishment, but freedom: the freedom to live healthier, think clearer, and step boldly into the purpose God has for you.

The goal is not quick results or temporary fixes, but lasting transformation, habits that honor God and sustain you long after the challenge is complete.

"Whether you eat or drink, or whatever you do, do all to the glory of God." – 1 Corinthians 10:31

75-Day Commitments (Non-Negotiables)

KEY HABITS TO ANCHOR YOUR FAITH + FITNESS JOURNEY

  **Move Your Body Daily** – 6 days of exercise + 1 active rest day.

 **Drink at least 2 Litres of Water** – stay hydrated to fuel your body & mind.

 **Follow a Wholesome Meal Plan** – high-protein, high fiber and low carb.

 **Spend 30 Minutes with Scripture & Prayer** – nourish your spirit daily.

 **No Alcohol + Less Junk Food** – cut distractions & fuel with real nourishment.

 **Take a Sabbath Rest Weekly** – pause to recharge & reflect.

 **Practice Daily Gratitude** – write down 1–3 things you're grateful for.

 **Prioritize Sleep** – aim for 6–8 hours each night to restore body & mind.



Aim for continuous growth

Aim for transformation, not perfection. Each day is a step closer to becoming the woman
God created you to be.

These commitments are not about restriction, but about renewal. They are simple, powerful habits designed to strengthen your body, refresh your mind, and anchor your spirit in God's Word. Over the next 75 days, let them guide your daily choices and remind you that transformation happens one faithful step at a time.



NEVER
UNDERESTIMATE
THE POWER OF
your mindset

womensetapart.org

A simple checklist to set you up for success before Day 1

GET STARTED



DOWNLOAD OR PRINT YOUR HABIT TRACKER

if you are a visual person, download and print out a tracker. Keep it somewhere you'll see every day, on the fridge, by your bedside, or tucked into your Bible. Tracking your progress will keep you motivated on the tough days.



GET A REUSABLE WATER BOTTLE

Aim for 2 litres a day. Having a bottle you carry everywhere makes it easier to stay hydrated without even thinking about it.



PREP A NOTEBOOK OR JOURNAL

Use this space to write prayers, gratitude lists, or reflections from your devotionals.



CHOOSE YOUR WORKOUT STYLE

Will you work out at the gym, follow home videos, go walking, pilates, swimming or mix it up? Pick something realistic that you actually enjoy, that's the key to staying consistent.



STOCK UP ON HEALTHY PANTRY BASICS

Prepare your kitchen with nourishing options: lean proteins, fresh vegetables, fruits, and whole foods. When your pantry is ready, it's easier to make healthy choices every day.



SET ASIDE A DAILY DEVOTION TIME

Decide when you'll meet with God each day; morning, midday, or evening. Protect that time like an appointment, and let it become the anchor for your day

Success begins with preparation. Every step you take now clears the way for consistency later, and makes room for God to transform your life through discipline and grace.

Encouragement + Scriptures for the Journey



01

Philippians 4:13

I can do all things through Christ who strengthens me.

Paul wrote these words while in prison, reminding us that his strength didn't come from circumstances but from Christ. For you, this means the challenge isn't about your own willpower alone, when it feels tough, you can lean on the strength of Christ to keep going.

03

Hebrews 12:1

"... And let us run with perseverance the race marked out for us."

This verse reminds us that faith is a lifelong journey. Just like athletes train with focus, we are called to lay aside distractions and keep pressing forward. These 75 days are part of your "race", one step at a time, with perseverance.

02

Galatians 6:9

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

Paul was encouraging believers to stay faithful in doing what honors God, even when results aren't immediate. In this challenge, every small act, every workout, every prayer, every glass of water, is a seed planted. Don't quit. The harvest comes with consistency.

04

Joshua 1:9

Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

Joshua was stepping into leadership after Moses, facing uncertainty and fear. God's command to him was clear: strength and courage are possible because God's presence never leaves us. As you step into this challenge, remember: you're not stepping alone.

You've Got This!

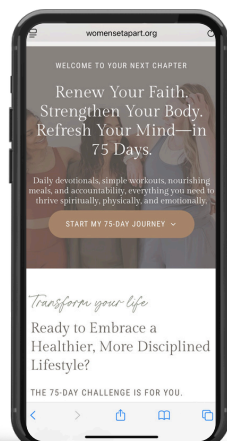
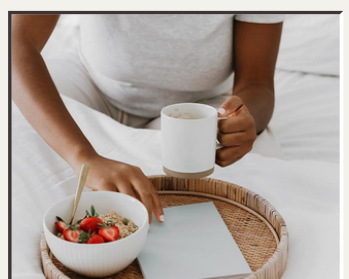
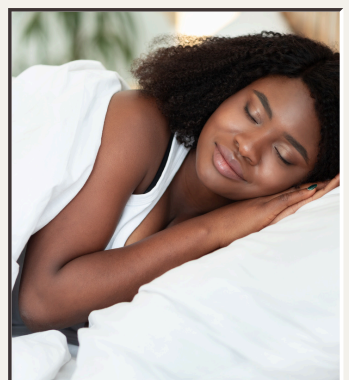
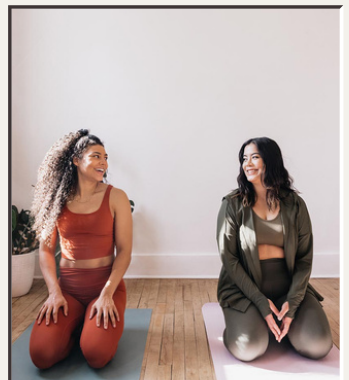
A final word of encouragement for your 75-day journey.

As you step into this challenge, remember, it's not about perfection, but about progress. Each day is an opportunity to grow, to build habits that honor God, and to strengthen your body, mind, and spirit. Some days will feel easier than others, but every small, consistent step brings transformation.

When you stumble, don't let guilt hold you back. God's grace is bigger than your setbacks. Pick yourself up, pray, and keep moving forward. You are stronger than you think, and you are never walking this road alone.

Stay connected with us through the **Women Set Apart Telegram community** and **email updates**, your sisters in Christ are here to encourage you, pray with you, and celebrate your wins.

This is your season to rise, to shine, and to step boldly into the woman God has called you to be. I'm cheering you on every step of the way!





THIS IS YOUR
SEASON *to*
GROW STRONGER
INSIDE AND
OUT. *Keep Going*

YOU'VE GOT THIS.



What's next?

Congratulations on taking the first step into the Women Set Apart 75-Day Challenge! Here's how to keep building momentum and stay supported on your journey:



STAY CONNECTED:

- Join our private Women Set Apart Telegram community to share your wins, struggles, and encouragement with other sisters on the same journey.



CHECK YOUR INBOX:

- Stay tuned to your email inbox for devotionals and updates.



REFLECT + REALIGN:

- Take a few minutes at the end of each week to journal what went well and where you can grow.
- Celebrate progress, no matter how small.



KEEP FUELING YOUR BODY & SPIRIT

- Stock up on nourishing foods and stay consistent with your daily Scripture + prayer time.
- Remember: small, faithful steps lead to lasting transformation.



LOOK AHEAD

- Mark your calendar for weekly check-ins and reflections.
- Stay open to new habits, new strength, and new revelations from God as you move through these 75 days.

This is only the beginning of what God wants to do in your life. Stay faithful, stay strong, and stay connected.



*I'm cheering
for you!*

Women Set Apart is more than a challenge, **it's a movement.** A community of women choosing to pursue God, discipline, and transformation together.

By joining this journey, you've stepped into something bigger than yourself.

You're part of a sisterhood that believes in growth, grace, and becoming the women God has called us to be.

This is just the beginning. Stay connected, invite a friend, and let's build this community together, one prayer, one habit, and one step at a time.

**"As iron sharpens iron, so one person sharpens another." –
Proverbs 27:17**

Let's Connect!

Email: hello@womensetapart.com

Website: www.womensetapart.org

Social Media: [@womensetapart](https://www.instagram.com/womensetapart)

Telegram: <https://t.me/womensetapart>

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First Edition: September 2025

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