

Rooted in Christ Roadmap

12-WEEK WORKBOOK & DAILY JOURNAL

FAITH-FUELED HABITS FOR
BODY, MIND, AND SPIRIT.

PRACTICAL TOOLS TO
SIMPLIFY HEALTH.

SCRIPTURAL ANCHORS TO
KEEP YOU STEADY.

*"Let your roots grow down into him, and let your lives be built on him.
Then your faith will grow strong in the truth you were taught,
and you will overflow with thankfulness."*

— Colossians 2:7

Dedication

THIS WORKBOOK IS DEDICATED TO EVERY WOMAN WHO HAS EVER FELT WEARY, OVERWHELMED, OR “NOT ENOUGH” IN HER HEALTH JOURNEY.

TO THE SISTER WHO HAS TRIED DIETS, WORKOUTS, AND QUICK FIXES THAT NEVER SEEM TO LAST.

TO THE WOMAN WHO WONDERS IF TRUE TRANSFORMATION IS EVEN POSSIBLE.

TO THE ONE WHO LONGS TO FEEL STRONGER IN BODY, STEADIER IN SPIRIT, AND ROOTED IN CHRIST.

THIS IS FOR YOU.

MAY YOU BE REMINDED THAT YOU ARE DEEPLY LOVED, FULLY KNOWN, AND NEVER WALKING ALONE.



Welcome to the Sisterhood

Dear Sister,

We're so glad you're here. This 12-week journey is not a quick fix—it's a guided path to anchor your health in Christ and build rhythms that last. Each week you'll be grounded by a scripture and short devotional, supported by a simple planner for meals and movement, daily habit trackers, and reflection prompts to help you notice God's work in the small, steady steps.

How to move through each week

- Begin with the scripture + theme. Pray, reflect, and set one clear intention.
- Use the weekly planner to map meals, movement, and your top three priorities.
- Follow the daily habit page—hydrate, fuel, move, rest, practice a calming rhythm, and meet with God.
- End with a weekly reflection: celebrate wins, name challenges, and choose one focus for the next week.

What to expect: progress that feels rooted, not rushed. Some weeks will feel strong; others will feel ordinary. Both matter. Transformation grows underground before it shows above the surface.

If you miss a day, you're not behind—you're invited back. This journey is about presence over perfection, stewardship over striving, and learning to rely on His strength more than your own.

We're honored to walk beside you.

With love,

Sarah & Katie

Sisters Saved by Strength

How to Use This Workbook

This workbook is your 12-week companion – part guide, part planner, part journal.

Each section is meant to flow in order so you always know what to do next.

MONTHLY OVERVIEW

At the start of Weeks 1, 5, and 9, you'll find a monthly calendar and goals page. Use these to map out your month, set intentions, and pray over where you need God's strength.

WEEKLY FLOW

Every week begins with a theme and scripture to anchor your focus. After that, you'll find a weekly planner for meals, movement, and your top priorities.

DAILY PAGES

Each day includes a habit tracker, space for gratitude, and a short reflection. These are small steps, repeated daily, that create real transformation.

WEEKLY REFLECTION

At the end of each week, pause to celebrate wins, note challenges, and reflect on how God showed up. This keeps you moving forward with clarity.

CHECK-INS

At Weeks 4, 8, and 12 you'll pause for a deeper progress check-in – updating your physical, mental, and spiritual markers. These are milestones to help you see how far you've come.

Note: If you miss a day, don't go back – just turn the page and begin again. This is about presence over perfection, rooted progress over rushing.

12 Week Transformation Roadmap

This program is designed in three phases. Each one builds on the last to create lasting change that's rooted in Christ – not rushed or forced.

Phase 1: Foundations & Anchors (Weeks 1-4)

- Set your priorities and personal anchors
- Learn to build balanced meals & daily rhythms
- Focus on consistency over perfection
- End with your first progress check-in (Week 4)

Scriptures to Anchor:

Isaiah 40:28-31 • Ephesians 2:10 • Galatians 6:9 • Colossians 2:6-7

Phase 2: Building Strength & Consistency (Weeks 5-8)

- Fuel your body as a temple of the Holy Spirit
- Learn to surrender weakness and rely on grace
- Practice rest as worship, not laziness
- Grow endurance and faithfulness
- Midpoint check-in at Week 8

Scriptures to Anchor:

1 Corinthians 6:19-20 • 2 Corinthians 12:9 • Matthew 11:28-29 • Hebrews 12:1-2

Phase 3: Integration & Lifestyle (Weeks 9-12)

- Step into freedom from guilt and shame around health
- Shift from striving to stewardship
- Find joy in the journey, not just the outcome
- Finish strong with your final check-in at Week 12
- Celebrate your growth and write your testimony

Scriptures to Anchor:

Galatians 5:1 • 1 Peter 4:10-11 • Philippians 4:4 • Psalm 18:1-3

This roadmap is not about racing to the finish.
It's about letting roots grow deep so fruit can flourish in the right season.

My Starting Point

BEFORE THE JOURNEY BEGINS

IN THIS SEASON MY BODY FEELS

IN THIS SEASON MY RELATIONSHIP WITH GOD FEELS

HABITS THAT ARE MOVING ME FORWARD ARE

HABITS THAT ARE HOLDING ME BACK ARE

WHAT I'M HOPING FOR IN THE NEXT 12 WEEKS

SPIRITUALLY I WANT TO

PHYSICALLY I WANT TO

EMOTIONALLY I WANT TO

PRAYER FOR THIS SEASON

LORD, IN THIS SEASON

GOAL SETTING

monthly

JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEP	OCT	NOV	DEC

*"Commit to the Lord whatever you do, and he will establish your plans."
- Proverbs 16:3*

THIS MONTH MY GOALS ARE

MY NONNEGOTIABLES ARE

ONE HABIT I WILL FOCUS ON DOING CONSISTENTLY

ONE HABIT I WANT TO RELEASE OR REPLACE









































































































































































I WILL CONNECT WITH MY FELLOW SISTERS BY

notes

CALENDAR

monthly

JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEP	OCT	NOV	DEC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
   	   	   	   	   	   	   
   	   	   	   	   	   	   
   	   	   	   	   	   	   
   	   	   	   	   	   	   
   	   	   	   	   	   	   
   	   	   	   	   	   	   

Total for the month



NUTRITION

MY BIGGEST STRENGTH



RECOVERY



HYDRATION

I NEED TO FOCUS MORE ON



MOVEMENT

Week One

FOUNDATIONS + ANCHORS

Foundations & Anchors

Before you can build anything that lasts, you need something steady to stand on. In this section, we return to the roots – the habits, truths, and daily choices that anchor us in God’s strength instead of our own striving.

Your foundation is more than routines and checklists. It’s a posture of surrender. It’s choosing to pause, to breathe, and to trust that the One who never grows weary will carry you when you are weak.

Anchors aren’t glamorous, but they are powerful. They keep you steady when life feels uncertain, when the wind shifts, or when your own strength runs out. Each small step – a meal that fuels, a walk that refreshes, a prayer that grounds – becomes part of the solid ground God is laying beneath your feet.

Here, perfection is not the goal. Presence is. Hope is. Renewal is. And as you plant these anchors deep, you’ll find that God is faithful to make you strong, steady, and unshakable.

Week 1 Foundations & Anchors

SCRIPTURE

“Do you not know? Have you not heard?
The Lord is the everlasting God,
the Creator of the ends of the earth.
He will not grow tired or weary,
and his understanding no one can fathom.

He gives strength to the weary
and increases the power of the weak.

Even youths grow tired and weary,
and young men stumble and fall;

but those who hope in the Lord
will renew their strength.
They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint.”

– Isaiah 40:28-31

Every lasting transformation begins with what you're rooted in. This week is not about perfection – it's about presence. It's about choosing small, steady habits that anchor you in Christ's strength instead of your own striving.

Just as a tree needs strong roots before branches can stretch wide, your body and spirit need solid foundations. That looks like fueling your body, moving with intention, resting without guilt, and pausing daily to meet with God.

Strength grows in surrender. Renewal is not earned by effort but received through hope in the Lord. One prayer, one anchor, one step at a time – He will meet you there.

date:

Monday Devotional

SCRIPTURE

“He gives strength to the weary and increases the power of the weak.”

– Isaiah 40:29

Weariness is not weakness – it’s a reminder that you need God. His strength meets you exactly where yours runs out.

Instead of pushing harder, pause. Ask Him to be your strength today, in both body and spirit.

Your limits are not the end of the story – they are the place where His power begins.

Weakness is where His strength shows up.

PLAN

daily

date:

MON	TUE	WED	THU	FRI	SAT	SUN
-----	-----	-----	-----	-----	-----	-----

Time	Activity
6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	
7:00	
8:00	
9:00	
10:00	

I'm grateful today because

-
-
-
-
-
-

coming up

.....

.....

.....

.....

.....

.....

Where I saw God today

.....

notes

- to do*
- _____
 - _____
 - _____
 - _____
 - _____

HABITS

Monday

MEAL 1

- PROTEIN _____
- PRODUCE _____
- FAT _____
- STARCH _____
- OTHER _____

MEAL 2

- PROTEIN _____
- PRODUCE _____
- FAT _____
- STARCH _____
- OTHER _____

MEAL 3

- PROTEIN _____
- PRODUCE _____
- FAT _____
- STARCH _____
- OTHER _____

MEAL 3

- PROTEIN _____
- PRODUCE _____
- FAT _____
- STARCH _____
- OTHER _____

MEAL 4

- PROTEIN _____
- PRODUCE _____
- FAT _____
- STARCH _____
- OTHER _____

MEAL 5

- PROTEIN _____
- PRODUCE _____
- FAT _____
- STARCH _____
- OTHER _____

SNACKS/MISC

- _____
- _____
- _____
- _____
- _____

WORD OF THE DAY

TODAY I AM GRATEFUL FOR

NON NEGOTIABLES FOR TODAY

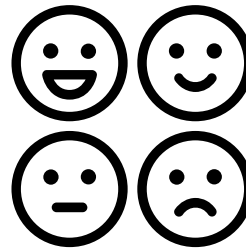
SLEEP QUALITY

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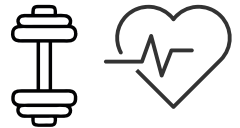
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MOOD



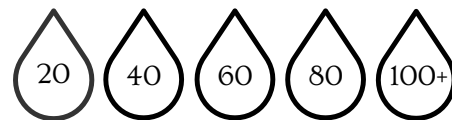
MOVEMENT



RECOVERY



WATER TRACKER



BIGGEST WINS TODAY

ONE THING TO IMPROVE TOMORROW

date:

Tuesday Devotional

SCRIPTURE

“Even youths grow tired and weary, and young men stumble and fall.”

– Isaiah 40:30

Even the strongest run out of energy. That’s why anchors matter – simple habits that hold you steady when motivation fades.

An anchor can be as small as preparing one meal, walking after dinner, or praying before you scroll.

God doesn’t shame you for being tired – He invites you to build habits that keep you close to Him.

Anchors hold when strength fades.

PLAN

daily

date:

MON	TUE	WED	THU	FRI	SAT	SUN
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I'm grateful today because

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coming up

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Where I saw God today

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notes

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HABITS

Tuesday

MEAL 1

- PROTEIN _____
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- STARCH _____
- OTHER _____

MEAL 2

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MEAL 3

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MEAL 4

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MEAL 5

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- OTHER _____

SNACKS/MISC

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WORD OF THE DAY

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NON NEGOTIABLES FOR TODAY

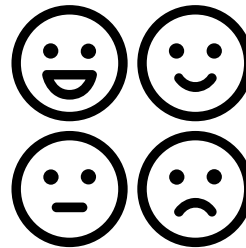
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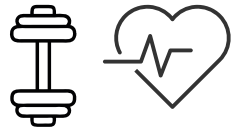
STRESS LEVEL

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MOOD



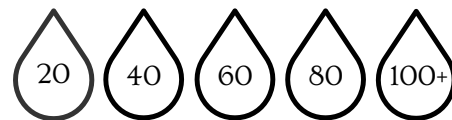
MOVEMENT



RECOVERY



WATER TRACKER



BIGGEST WINS TODAY

ONE THING TO IMPROVE TOMORROW

date:

Wednesday Devotional

SCRIPTURE

“Those who hope in the Lord will renew their strength.”

– Isaiah 40:31a

Hope isn't passive – it's choosing to trust God's strength when your own runs dry. Renewal is found in His presence, not in more striving.

Each time you pause to breathe, pray, or reflect on His Word, you are practicing hope.

These small moments of surrender become the places where strength is renewed.

Hope restores what hustle drains.

PLAN

daily

date:

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I'm grateful today because

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coming up

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Where I saw God today

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notes

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HABITS

Wednesday

MEAL 1

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- STARCH _____
- OTHER _____

MEAL 2

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MEAL 4

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MEAL 5

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SNACKS/MISC

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WORD OF THE DAY

TODAY I AM GRATEFUL FOR

NON NEGOTIABLES FOR TODAY

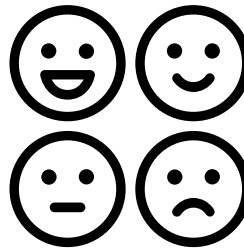
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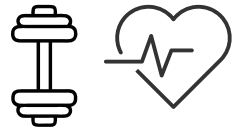
STRESS LEVEL

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MOOD



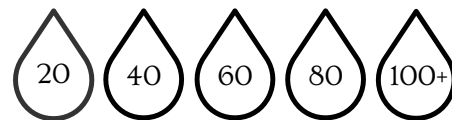
MOVEMENT



RECOVERY



WATER TRACKER



BIGGEST WINS TODAY

ONE THING TO IMPROVE TOMORROW

date:

Thursday Devotional

SCRIPTURE

“They will soar on wings like eagles...”

– Isaiah 40:31b

Eagles don't create the wind – they rise on it. In the same way, God's Spirit is the current that carries you higher than your own striving ever could.

Soaring isn't about flapping harder. It's about trusting Him to lift you when you let go.

Your job is not to create the wind – it's to ride it.

You were made to soar, not strive.

PLAN

daily

date:

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I'm grateful today because

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Where I saw God today

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notes

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HABITS

Thursday

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MEAL 5

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SNACKS/MISC

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WORD OF THE DAY

TODAY I AM GRATEFUL FOR

NON NEGOTIABLES FOR TODAY

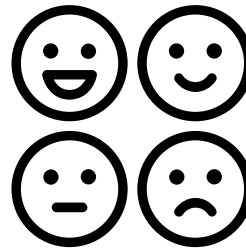
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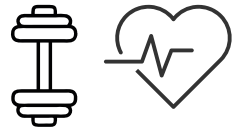
STRESS LEVEL

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MOOD



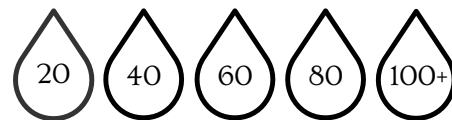
MOVEMENT



RECOVERY



WATER TRACKER



BIGGEST WINS TODAY

ONE THING TO IMPROVE TOMORROW

date:

Friday Devotional

SCRIPTURE

“...they will run and not grow weary...”

– Isaiah 40:31c

Faith is often less about soaring moments and more about endurance. God gives you the strength to keep moving when life feels like a marathon.

Running without growing weary doesn't mean life is easy – it means His presence fuels you step by step.

You don't need to see the whole path to keep moving forward – just the next step.

God's presence fuels endurance.

PLAN

daily

date:

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I'm grateful today because

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Where I saw God today

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notes

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HABITS

Friday

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MEAL 5

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SNACKS/MISC

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WORD OF THE DAY

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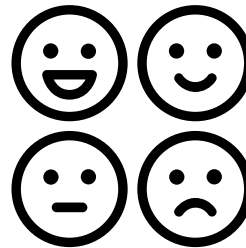
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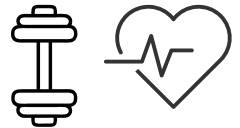
STRESS LEVEL

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MOOD



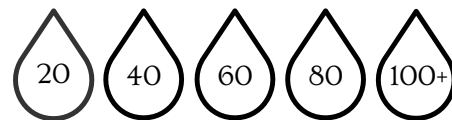
MOVEMENT



RECOVERY



WATER TRACKER



BIGGEST WINS TODAY

ONE THING TO IMPROVE TOMORROW

date:

Saturday Devotional

SCRIPTURE

“...they will walk and not be faint.”

– Isaiah 40:31d

Sometimes victory isn't running or soaring – it's simply walking without giving up. God honors steady steps just as much as big leaps.

Don't overlook the progress made in small, faithful choices.

Even the slowest walk with Him keeps you moving forward.

Steady steps are still progress.

PLAN

daily

date: _____

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I'm grateful today because

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Where I saw God today

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notes

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HABITS

Saturday

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SNACKS/MISC

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WORD OF THE DAY

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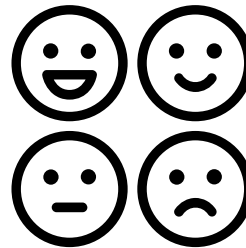
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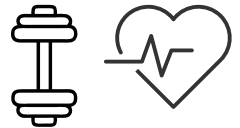
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MOOD



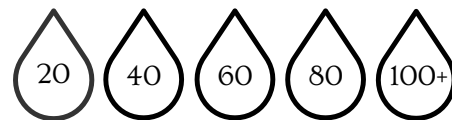
MOVEMENT



RECOVERY



WATER TRACKER



BIGGEST WINS TODAY

ONE THING TO IMPROVE TOMORROW

date:

Sunday Devotional

SCRIPTURE

“The Lord is the everlasting God, the Creator of the ends of the earth.”

– Isaiah 40:28

God never runs out of strength. His power is limitless,
His presence unending, His love unshakable.

When you come to the end of yourself, He is still there,
steady and strong.

Your limits will always meet His limitless strength.

Your limits meet His limitless strength.

daily PLAN

date: _____

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I'm grateful today because

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coming up

Where I saw God today

notes

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HABITS

Sunday

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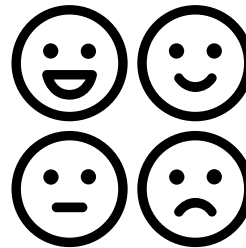
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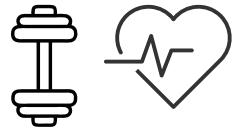
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MOOD



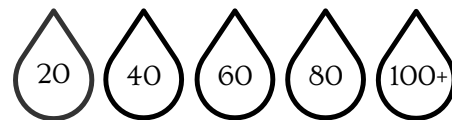
MOVEMENT



RECOVERY



WATER TRACKER



BIGGEST WINS TODAY

ONE THING TO IMPROVE TOMORROW

Week 1 Reflection

THEME RECAP: FOUNDATIONS & ANCHORS

SCRIPTURE: "THOSE WHO HOPE IN THE LORD WILL RENEW THEIR STRENGTH..."
- ISAIAH 40:31

MY WINS THIS WEEK

THIS WEEK I EXPERIENCED PROGRESS IN

MY CHALLENGES THIS WEEK

A CHALLENGE I FACED WAS

THIS WEEK TAUGHT ME

WHERE I SAW GOD AT WORK

THIS WEEK I NOTICED GOD'S STRENGTH IN

ONE ANCHOR THAT KEPT ME GROUNDED: ONE ANCHOR THAT NEEDS MORE ATTENTION:

ONE ANCHOR I WANT TO
CARRY FORWARD:

ONE ANCHOR I WILL FOCUS ON
NEXT WEEK:

MOVEMENT THAT ENERGIZED ME:

REST THAT RENEWED ME:

