



TABERNACLE OF PRAISE CHURCH INTERNATIONAL

STRONG FINISH

W W W . T O P C I . O R G

STRONG FINISH 2026

THE 60-DAY CHALLENGE | NOVEMBER 1 - DECEMBER 30

◆ PHYSICALLY STRONG ◆ FINANCIALLY STRONG ◆ SPIRITUALLY STRONG

"I have fought a good fight, I have finished my course, I have kept the faith."

2 Timothy 4:7 (KJV)

PARTICIPANT WORKBOOK & DAILY ACTION CALENDAR

My name: _____

Campus: _____

Prefer your phone?
Scan to fill out this
workbook online at
topci.org/strongfinish





A WORD OF ENCOURAGEMENT

It is not just how you start the year that matters; it is how you finish. For 60 days, we will honor God with our bodies, steward our resources, and deepen our walk with Jesus Christ. This is not a competition. It is an invitation to faithful, measurable progress.

Our promise: I will show up, take the next right step, extend grace to myself and others, and finish stronger than I began.

HOW THE CHALLENGE WORKS

- Choose one or two measurable goals in each area using the goal card.
- Follow the daily calendar: one physical, one financial, and one spiritual action each day.
- Track your habits and review your progress with an accountability partner each week.
- If you miss a day, resume the next day. Consistency matters more than perfection.
- December 31 is a day of thanksgiving, testimonies, and planning for 2027.

OUR THREE FOUNDATIONAL SCRIPTURES

PHYSICAL

1 Corinthians 6:19-20. Honor God with your body.

FINANCIAL

Luke 16:10; Proverbs 3:9. Be faithful with what God has entrusted to you.

SPIRITUAL

James 4:8; Joshua 1:8. Draw near to God and meditate on His Word.

A GRACE-FILLED COMMITMENT

Your health, income, disability status, age, and family responsibilities may affect your goals. Choose safe, attainable actions. Tithing and giving are encouraged as expressions of worship, not as a condition for belonging or receiving help. Seek professional guidance for health concerns or major financial decisions.

At Tabernacle of Praise, we are a church "Where Praise Meets Your Every Need." Wherever you are starting from, there is room for you in this challenge.



MY 60-DAY GOAL CARD

PHYSICAL

My health priority: _____

Movement I can do safely: _____

Nutrition habit I will improve: _____

Optional weight or health measure: _____

Sleep / hydration / preventive care: _____

FINANCIAL

Bill or debt I will target: _____

Starting balance: \$ ____ Goal by Dec 30: \$ ____

Weekly savings target: \$ _____

My prayerful tithing / giving commitment: _____

Person or cause I will bless: _____

SPIRITUAL

Daily prayer time: _____

Bible reading time: _____

Bible reading plan: _____

Christian growth book: _____

Fasting practice (as appropriate): _____

Church ministry / service opportunity: _____

MY ACCOUNTABILITY PARTNER

Name: _____ Check-in day: _____

My reason for finishing strong: _____



DAILY HABITS & WEEKLY RHYTHM

Daily baseline: Pray; read the assigned Scripture; choose one nourishing food habit; move your body according to your ability; check your spending before buying. Record a checkmark for each completed action.

Suggested movement: Start at your own level and build gradually. Adults who can do so may work toward 150 minutes of moderate activity weekly and strength training twice weekly. Walking, chair exercises, swimming, and mobility work all count toward meaningful progress.

Nutrition: Include vegetables or fruit regularly, choose water more often, and reduce highly processed snacks or sugary drinks where feasible. Avoid extreme dieting or a universal weight-loss target.

Finances: Prioritize essential expenses: housing, utilities, food, and minimum debt payments. A debt goal may be a partial payment, not necessarily paying an entire bill off.

Fasting: Choose a safe practice. Those who are pregnant, managing medical conditions, taking medications, or with a history of disordered eating should seek medical advice before food fasting. Prayer, media fasting, or another non-food fast may be appropriate.

WEEKLY CHECK-IN: 10 MINUTES

- What went well in my physical health this week?
- What did I save, pay down, or give responsibly?
- What did God teach me in prayer and Scripture?
- What is one adjustment I will make next week?

NINE WEEKLY THEMES

COMMIT Nov 1-7 · Begin with intention

DISCIPLINE Nov 15-21 · Choose consistency

RESET Nov 29-Dec 5 · Review and refocus

SERVICE Dec 13-19 · Bless your community

FINISH Dec 27-30 · Celebrate and carry it forward

BUILD Nov 8-14 · Establish routines

GRATITUDE Nov 22-28 · Practice generosity

STEWARDSHIP Dec 6-12 · Manage what matters

PERSEVERE Dec 20-26 · Stay steady in the holidays



NOVEMBER DAILY CALENDAR / DAYS 1-15

Every day: prayer + Scripture, an intentional physical choice, and one financial stewardship action.
Check the box when complete.

DAY / DATE	PHYSICAL	FINANCIAL	SPIRITUAL
1 Sun Nov 01	☐ Take a 15-minute walk or accessible movement break	☐ Write down income and essential bills	☐ Pray and read Psalm 90:12
2 Mon Nov 02	☐ Plan three balanced meals	☐ List all debts and their minimum payments	☐ Read Romans 12:1-2; dedicate your habits
3 Tue Nov 03	☐ Replace one sugary drink with water	☐ Choose one bill to reduce	☐ Read 1 Corinthians 6:19-20
4 Wed Nov 04	☐ Try a gentle strength or mobility session	☐ Review last month's spending	☐ Read Proverbs 3:5-6; pray for direction
5 Thu Nov 05	☐ Add a vegetable or fruit to a meal	☐ Set a realistic savings amount	☐ Read Luke 16:10; reflect on faithfulness
6 Fri Nov 06	☐ Prepare a healthy snack for tomorrow	☐ Identify one unnecessary expense	☐ Read Matthew 6:33; seek God first
7 Sat Nov 07	☐ Review your activity and rest this week	☐ Review your budget with prayer	☐ Read Joshua 1:8; weekly reflection
8 Sun Nov 08	☐ Walk or move 5 minutes longer if comfortable	☐ Set up a bill due-date reminder	☐ Read Psalm 1; establish a morning rhythm
9 Mon Nov 09	☐ Plan your grocery list before shopping	☐ Compare prices on one planned purchase	☐ Read Philippians 4:6-7; pray for peace
10 Tue Nov 10	☐ Practice mindful eating at one meal	☐ Move a small amount into savings if able	☐ Read Galatians 5:22-23
11 Wed Nov 11	☐ Take movement breaks during the day	☐ Make a planned payment toward your target bill	☐ Read James 1:5; seek wisdom
12 Thu Nov 12	☐ Prepare a simple protein-and-produce meal	☐ Review subscriptions and cancel one if appropriate	☐ Read Proverbs 21:5; plan diligently
13 Fri Nov 13	☐ Choose a consistent bedtime	☐ Plan your giving and tithe commitment	☐ Read Malachi 3:10; reflect on giving
14 Sat Nov 14	☐ Review your energy and recovery	☐ Check your spending against your plan	☐ Read Hebrews 10:24-25; connect in church
15 Sun Nov 15	☐ Schedule a realistic movement week	☐ Create a holiday spending limit	☐ Read 1 Timothy 4:8; cultivate godliness

Reflection: My biggest win: _____ My next step: _____



NOVEMBER DAILY CALENDAR | DAYS 16-30

Every day: prayer + Scripture, an intentional physical choice, and one financial stewardship action.
Check the box when complete.

DAY / DATE	PHYSICAL	FINANCIAL	SPIRITUAL
16 Mon Nov 16	☐ Choose water with a meal	☐ Make a list before shopping	☐ Read Proverbs 22:7; pray for freedom
17 Tue Nov 17	☐ Practice safe strength or chair exercises	☐ Avoid one impulse purchase	☐ Read Matthew 6:19-21; examine priorities
18 Wed Nov 18	☐ Pack or plan lunch instead of impulse eating	☐ Review debt balance and progress	☐ Read Colossians 3:23; serve faithfully
19 Thu Nov 19	☐ Try a new fruit or vegetable	☐ Prepare for upcoming bills	☐ Read Psalm 119:105; seek guidance
20 Fri Nov 20	☐ Make time for rest and stretching	☐ Set aside a generosity amount if possible	☐ Read 2 Corinthians 9:7; give cheerfully
21 Sat Nov 21	☐ Check progress without judging yourself	☐ Do a weekly money check-in	☐ Read Hebrews 12:1-2; reflect
22 Sun Nov 22	☐ Enjoy a family walk or accessible activity	☐ Plan holiday meals within budget	☐ Read Psalm 100; thank God
23 Mon Nov 23	☐ Plan a balanced holiday plate	☐ Choose a low-cost way to bless someone	☐ Read Luke 10:25-37; show compassion
24 Tue Nov 24	☐ Take a mindful, unrushed meal	☐ Avoid unnecessary holiday debt	☐ Read 1 Thessalonians 5:16-18
25 Wed Nov 25	☐ Practice gratitude for what your body can do	☐ Give thanks for provision	☐ Read Philippians 4:11-13; practice contentment
26 Thu Nov 26	☐ Choose gentle movement after the holiday	☐ Share a gift or act of kindness within your means	☐ Read Acts 20:35; bless someone
27 Fri Nov 27	☐ Prepare a nutritious leftover meal	☐ Check account balances and due dates	☐ Read Matthew 25:35-40; serve
28 Sat Nov 28	☐ Review your health goals and adapt	☐ Review the month's savings and debt	☐ Read Lamentations 3:22-23; renew
29 Sun Nov 29	☐ Reset your weekly movement plan	☐ Make one budget adjustment	☐ Read Isaiah 40:31; regain strength
30 Mon Nov 30	☐ Hydrate and prepare for December	☐ Set December financial priorities	☐ Read Psalm 103:1-5; give thanks

Reflection: My biggest win: _____ My next step: _____



DECEMBER DAILY CALENDAR | DAYS 31-45

Every day: prayer + Scripture, an intentional physical choice, and one financial stewardship action.
Check the box when complete.

DAY / DATE	PHYSICAL	FINANCIAL	SPIRITUAL
31 Tue Dec 01	☐ Prepare a balanced breakfast	☐ Write a December spending plan	☐ Read Mark 1:35; pray early
32 Wed Dec 02	☐ Take a 20-minute walk or adapted activity	☐ Make a planned payment if feasible	☐ Read Psalm 23; trust God
33 Thu Dec 03	☐ Plan healthy snacks for the week	☐ Set aside a small savings amount	☐ Read Matthew 11:28-30; rest in Christ
34 Fri Dec 04	☐ Practice strength or mobility	☐ Review holiday gift budget	☐ Read Isaiah 58:6-11; consider a safe fast
35 Sat Dec 05	☐ Drink water regularly today	☐ Identify a free way to show generosity	☐ Read Ephesians 6:10-18; stand firm
36 Sun Dec 06	☐ Prioritize a consistent sleep window	☐ Check essential bills first	☐ Read John 15:1-8; abide in Christ
37 Mon Dec 07	☐ Review movement and nutrition progress	☐ Review spending without shame	☐ Read Psalm 46:10; reflect
38 Tue Dec 08	☐ Plan meals with foods you enjoy	☐ Review automatic payments	☐ Read Romans 12:9-13; practice hospitality
39 Wed Dec 09	☐ Walk with a friend or family member	☐ Make a simple holiday meal budget	☐ Read 1 Peter 4:10; serve with your gift
40 Thu Dec 10	☐ Try a new accessible activity	☐ Avoid an unplanned purchase	☐ Read Proverbs 11:25; encourage someone
41 Fri Dec 11	☐ Choose a less-processed snack	☐ Give to church as prayerfully committed	☐ Read James 2:14-17; put faith to work
42 Sat Dec 12	☐ Stretch or practice gentle mobility	☐ Check your target bill balance	☐ Read 2 Corinthians 9:6-8; generosity
43 Sun Dec 13	☐ Prepare a nutritious meal at home	☐ Set a 2027 savings goal	☐ Read Micah 6:8; act justly
44 Mon Dec 14	☐ Review your energy and rest	☐ Review giving and generosity	☐ Read Matthew 5:14-16; be a light
45 Tue Dec 15	☐ Choose one small food improvement	☐ Pay an upcoming bill on time	☐ Read Luke 2:1-7; reflect on humility

Reflection: My biggest win: _____ My next step: _____



DECEMBER DAILY CALENDAR | DAYS 46-60

Every day: prayer + Scripture, an intentional physical choice, and one financial stewardship action.
Check the box when complete.

DAY / DATE	PHYSICAL	FINANCIAL	SPIRITUAL
46 Wed Dec 16	☐ Move your body before screen time	☐ Consider a no-spend day	☐ Read Luke 2:8-14; share good news
47 Thu Dec 17	☐ Practice a strength or balance session	☐ Review debt repayment options	☐ Read John 1:1-14; celebrate Jesus
48 Fri Dec 18	☐ Bring a healthy option to a gathering	☐ Prepare for end-of-year expenses	☐ Read Luke 1:46-55; worship
49 Sat Dec 19	☐ Prioritize sleep during a busy week	☐ Bless someone with time or resources	☐ Read Matthew 2:1-12; give honor
50 Sun Dec 20	☐ Review your routine and adjust	☐ Review weekly spending	☐ Read Galatians 6:9; do not grow weary
51 Mon Dec 21	☐ Take a calming walk or movement break	☐ Choose meaningful low-cost gifts	☐ Read Psalm 27:1; trust the Lord
52 Tue Dec 22	☐ Enjoy holiday foods mindfully	☐ Avoid last-minute debt	☐ Read Isaiah 9:6-7; celebrate Christ
53 Wed Dec 23	☐ Hydrate and eat regular meals	☐ Confirm due dates for January	☐ Read Luke 2:15-20; tell your testimony
54 Thu Dec 24	☐ Choose rest when needed	☐ Practice generosity without pressure	☐ Read John 3:16-17; rejoice in the gift
55 Fri Dec 25	☐ Share an accessible activity with family	☐ Give thanks for what you have	☐ Read Colossians 3:12-17; live thankfully
56 Sat Dec 26	☐ Prepare a balanced meal from leftovers	☐ Record total debt paid down	☐ Read Philippians 3:12-14; press forward
57 Sun Dec 27	☐ Return to your movement routine	☐ Record total savings built	☐ Read 2 Timothy 4:7; finish faithfully
58 Mon Dec 28	☐ Check your personal health progress	☐ Review your tithing and giving plan	☐ Read Psalm 65:11; thank God for the year
59 Tue Dec 29	☐ Plan a January wellness habit	☐ Draft a January budget	☐ Read Habakkuk 2:2-3; write your vision
60 Wed Dec 30	☐ Celebrate progress beyond the scale	☐ Celebrate stewardship progress	☐ Read Numbers 6:24-26; speak a blessing

Reflection: My biggest win: _____ My next step: _____



WEEKLY ACCOUNTABILITY TRACKER

Check in at the end of each week. Record progress, not perfection.

Week 1 Nov 1-7 · COMMIT	PHYSICAL PROGRESS _____	FINANCIAL PROGRESS _____	SPIRITUAL PROGRESS _____
Week 2 Nov 8-14 · BUILD	PHYSICAL PROGRESS _____	FINANCIAL PROGRESS _____	SPIRITUAL PROGRESS _____
Week 3 Nov 15-21 · DISCIPLINE	PHYSICAL PROGRESS _____	FINANCIAL PROGRESS _____	SPIRITUAL PROGRESS _____
Week 4 Nov 22-28 · GRATITUDE	PHYSICAL PROGRESS _____	FINANCIAL PROGRESS _____	SPIRITUAL PROGRESS _____
Week 5 Nov 29-Dec 5 · RESET	PHYSICAL PROGRESS _____	FINANCIAL PROGRESS _____	SPIRITUAL PROGRESS _____
Week 6 Dec 6-12 · STEWARDSHIP	PHYSICAL PROGRESS _____	FINANCIAL PROGRESS _____	SPIRITUAL PROGRESS _____
Week 7 Dec 13-19 · SERVICE	PHYSICAL PROGRESS _____	FINANCIAL PROGRESS _____	SPIRITUAL PROGRESS _____
Week 8 Dec 20-26 · PERSEVERE	PHYSICAL PROGRESS _____	FINANCIAL PROGRESS _____	SPIRITUAL PROGRESS _____
Week 9 Dec 27-30 · FINISH	PHYSICAL PROGRESS _____	FINANCIAL PROGRESS _____	SPIRITUAL PROGRESS _____



MY STRONG FINISH TESTIMONY

Physically, I have grown by:

Financially, I have grown by:

Spiritually, I have grown by:

Someone I blessed or served:

One lesson God taught me:

One habit I will carry into 2027:

DECEMBER 31 | CELEBRATION AND COMMISSIONING

Read 2 Timothy 4:7 and Psalm 65:11. Give thanks for progress made, share a testimony, encourage another participant, and write one achievable next step for January.

"By the grace of God, I will finish what I started, remain faithful in what matters, and enter the new year with renewed purpose."

Note: Bible references are reading assignments; read the text in your preferred Bible translation. This challenge is educational and devotional and does not replace medical, nutrition, or financial advice.