

WARPATH



PHASE ONE: FOUNDATION

Battle Together.

[DOWNLOAD PHASE ONE PDF](#)

ABOUT WARPATH



This is not another program built to entertain you, motivate you for a moment, or make you comfortable in your complacency. WARpath was built as a call to action for those who know deep down that they were made for more. More discipline. More purpose. More obedience. More boldness for the Kingdom of God.

The modern world has trained people to seek comfort over conviction, ease over endurance, and distraction over discipline. Too many believers have become passive in their faith, weak in their stewardship, and silent in their calling. WARpath exists to challenge that mindset.

This journey is about building structure where there was chaos, discipline where there were excuses, and action where there was once hesitation. It is about learning to lead yourself well so you can better lead your family, serve your community, and represent Christ boldly in a world desperate for truth.

Every workout, every prayer, every scripture, every moment of accountability is another step toward becoming refined through pressure rather than broken by it. The goal is not perfection. The goal is obedience, consistency, and growth. Some days will test you. Some days will expose weakness. Good. Weak foundations must be revealed before they can be rebuilt stronger.

Understand this clearly: you are in a battle whether you acknowledge it or not. A battle for your attention, your discipline, your leadership, your family, your health, your purpose, and your relationship with God. WARpath is designed to help prepare you for that battle physically, mentally, and spiritually.

WARpath is not a replacement for salvation, scripture, prayer, discipleship, or a relationship with Jesus Christ. This program cannot save you, redeem you, or transform your heart. Only Christ can do that. Jesus alone is the source of salvation, grace, forgiveness, and eternal life.

This system is simply a structured path designed to help guide you, challenge you, and keep you honest as you pursue a Christ-centered life. It is the kind of structure, accountability, and direction I personally wish I had when I first began my walk. Not because structure saves us, but because discipline, accountability, and intentionality help us remain focused while we pursue the One who does.

WARpath is not “the way.” Jesus is the Way. This is simply a tool meant to help sharpen you, encourage consistency, and help prepare you to live boldly for the Kingdom both publicly and privately.

When you feel lost, return to scripture. When you feel weak, pray. When you feel discouraged, remember why you started. God is not calling you to comfort. He is calling you to obedience.

JOIN THE WARPATH COMMUNITY

PHASE ONE: FOUNDATION



DESCRIPTION

Foundation is where discipline begins and excuses end. This phase is designed to help you build structure, consistency, honesty, and spiritual alignment through daily intentional action. Before growth can truly happen, weak foundations must first be exposed and strengthened. This is not about perfection overnight, but about creating momentum through obedience, accountability, and consistent effort both physically and spiritually.

EXECUTION

Complete each daily task with intention and honesty. Do not rush through the process simply to check boxes. Some days will feel strong while others may expose weakness, inconsistency, or distraction. That is part of the process. Focus on consistency over perfection and approach each day with the mindset that you are actively preparing yourself mentally, physically, and spiritually for the responsibilities and calling God has placed before you.

EXPECTATIONS

- Daily scripture
- Daily movement
- Hydration goals
- Reflection and journaling
- Accountability

Discipline is not punishment. It is preparation.



DAY 1

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 2

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 3

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 4

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 5

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 6

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 7

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 8

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 9

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 10

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 11

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 12

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 13

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 14

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 15

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 16

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 17

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 18

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 19

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 20

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 21

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 22

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 23

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 24

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 25

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 26

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 27

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 28

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 29

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:



DAY 30

DAILY ALIGNMENT

- Read Scripture
- Prayer
- Daily Exercise
- Nutrition Goals
- No Excuses

PHYSICAL DISCIPLINE

Briefly explain your workout, energy level, sleep, nutrition, and hydration WINS

Briefly explain your workout, energy level, sleep, nutrition, and hydration STRUGGLES

SPIRITUAL DISCIPLINE

What did God reveal to me today?

Where did I struggle spiritually?

What distractions pulled my attention away from God or my responsibilities?

REFLECTION

Where did I make excuses today?

What must I improve tomorrow?

BATTLE PLAN FOR TOMORROW!

Tomorrow I WILL:
