



**Show your commitment by joining us on a walk every Sunday from 2-3pm
starting at River Valley Church parking Jan 10**

WEEK 1: Week of January 10-16

Assignment for the Week:

1. Read *It's Our Lifestyle* Prologue and Chapter 1 and answer the questions at the end of the chapters.
2. Pray about participating in the "It's Our Lifestyle Scientific Study." Who can you include in your social group and family so you can participate as a group. (Only those aged 18 and above qualify)
3. If you decide to go "all in" and participate in the scientific study then follow the **"Roadmap" for Scientific Study** for participants on the *back of this page* which gives detailed instructions.
4. Familiarize yourself with the **charts** for tracking your goals at the end of each chapter and be prepared at the next group meeting to share those goals. **Set goals** in each of the areas of focus- EAT, MOVE and GROOVE -It's how well we Eat, -How much we Move and - How we get others in the Groove.
5. Shop to prepare for starting the "How Well we Eat" - Each household should have either a Mediterranean Meal Plan Book or a Vegetarian Meal Plan book.
6. Meet with your Home Group and/or *It's Our Lifestyle* Group/Class

HG Session (week of Jan 10-16):

1. Share something that God taught you this week from His Word (S.O.A.P.). How are you specifically applying it to your life?
2. Show *It's Our Lifestyle* DVD (**The Great Commandment**) and discuss the question: What does loving God and our neighbor have to do with our lifestyle?
3. Discuss the questions at the end of the Prologue and Chapter 1.
4. How are you doing with your progress on the weekly assignment?

WEEK 2: Week of January 17-23

Assignment for the Week:

1. Read *It's Our Lifestyle* chapter 2 and answer the questions at the end of the chapter.
2. Start one of the meal plans.
3. Chart the Eat, Move and Groove each day.
4. Meet with your Home Group and/or *It's Our Lifestyle* Group/Class

HG Session (week of Jan 17-23):

1. Share something that God taught you this week from His Word (S.O.A.P.). How are you specifically applying it to your life?
2. Show *It's Our Lifestyle* DVD (**God Honoring Optimal Health vs. Perfect Health**). Discuss your personal limitations to perfect health.
3. Discuss the questions at end of Chapter 2 "It's How well we Eat."
4. How are you doing with your progress on the weekly assignment?

WEEK 3: Week of January 24-30

Assignment for the Week:

1. Read *It's Our Lifestyle* chapters 3 and 4 and answer the questions at the end of the chapters.
2. Continue the *It's Our Lifestyle* meal plan.
3. Chart the Eat, Move and Groove each day.
4. Meet with your Home Group and/or *It's Our Lifestyle* Group/Class

HG Session (week of Jan 24-30):

1. Share something that God taught you this week from His Word (S.O.A.P.). How are you specifically applying it to your life?
2. Show *It's Our Lifestyle* DVD (**Friend of a Friend of a Friend**). Discuss the question: How can our lifestyle choices affect even the people we have never met?
3. Discuss the questions at end of Chapters 3 and 4.
4. How are you doing with your progress on the weekly assignment?

WEEK 4: Week of January 31 – February 6

Assignment for the Week:

1. Read *It's Our Lifestyle* chapters 5,6,7 and answer the questions at the end of the chapters.
2. Continue the *It's Our Lifestyle* meal plan.
3. Chart the Eat, Move and Groove each day.
4. Meet with your Home Group and/or *It's Our Lifestyle* Group/Class

HG Session (week of Jan 31-Feb 6):

1. Share something that God taught you this week from His Word (S.O.A.P.). How are you specifically applying it to your life?
2. Show *It's Our Lifestyle* DVD (**Make it a Habit**). Discuss with your group the difficulties and successes you have had with actually following through with the "It's Our Lifestyle" plan.
3. Discuss the questions at the end of the chapters 5,6,7.
4. How are you doing with your progress on the weekly assignment?

WEEK 5: Week of February 7-13

Assignment for the Week:

1. Read *It's Our Lifestyle* chapter 8 and answer the questions at the end of the chapter.
2. If you are part of the "It's Our Lifestyle" scientific study have your blood redrawn after you have been on a *It's Our Lifestyle* meal plan for at least 4 weeks.
3. Begin adding more meals to your cooking repertoire that follow the principles of "How Well we Eat."
4. Meet with your Home Group and/or *It's Our Lifestyle* Group/Class
5. Consider starting another group to get others in the Groove and reinforce the material.
6. Brainstorm ideas of how to continue helping make Grants Pass a healthier community.

HG Session (week of Feb 7-12):

1. Share something that God taught you this week from His Word (S.O.A.P.). How are you specifically applying it to your life?
2. Show *It's Our Lifestyle* DVD (**Where do we go from here?**). Discuss long-term plans for staying on the "It's Our Lifestyle" path (individually? As a family? As a Home Group?).
3. Discuss the questions at the end of the chapter 8.
4. How are you doing with your progress on the weekly assignment?

For More Info visit www.itsourlifestyle.org

Roadmap to "It's Our Lifestyle" Scientific Study

(must be 18 and older to participate)

1. Visit www.itsourlifestyle.org website.
2. Review material and click on the -signup for the 2016 "It's Our Lifestyle" scientific Study on the website. (Each person needs to sign up separately).
3. You will receive an email with a coupon for your free lab test and a consent form to become part of the scientific study.
4. Print out your coupon and signed consent form to take to the ASANTE Outpatient Lab for your non-fasting blood test (leave consent form at the lab when you have your blood drawn)
 - a. Asante Center for Outpatient Health at 537 Union Ave, Grants Pass, Hours of testing are Monday-Friday - 10 am until 5:30 pm
 - b. Three Rivers Medical Center 500 SW Ramsey Ave Saturdays - 9am to Noon at the Draw station
5. You will be notified by phone or email when your test results are ready to be picked up. It will also include your login credentials for the Wellsource Survey. The packet will be at the front office of the church you signed up under on the website.
6. Before starting your survey you will want to get a current height, weight, waist circumference, blood pressure and pulse. To keep the study most accurate we would like everybody to use the same measuring tools using the It's Our Lifestyle measuring devices (in privacy areas) that have been setup for self assessment and recording at the participating church of your choice:
 - a. Calvary Crossroads
 - b. Parkway Christian Center
 - c. River Valley Church
 - d. Seventh-Day Adventist
7. Return to www.itsourlifestyle.org and click on the "Link to WellSuite Participant Portal" use the username and password provided to login and complete the survey.

If you have questions or concerns with this roadmap, please email info@itsourlifestyle.org or call (541) 244-8428