

One-Week Workout! Book of James: Day 3



Welcome to Day Three of **One-Week Workout!** Gather your Bible, pen, notebook and slip on your tennis shoes. Jane and I are praying for you to let your faith shine through your good works. Be sure to comment on your progress down below at the *Speak Your Mind* section. Let's get going!

Bible Study:

To do Day Three Bible study, just click on the link!

[One-Week Workout! Bible Study: Day Three](#)

Workout Options:

[Easy 2 Mile Walking Workout](#)

[Intermediate 3 Mile Walking Workout](#)

[Advanced 4 Mile Walking Workout](#)

Extra Challenge with Coach Dan!

Do you want a little extra challenge? Join Coach Dan of *Let's Go Fitness* for a quick workout!