grow mentally by readying a bible a growth book, listening to worship music a devotional. develop spiritual fitness by reading the bible 15 minutes daily or two chapters daily. pray 30 minutes daily. journaling 10 minutes daily. learning family devotions 10 minutes a day, each days a week. fasting 1 day a others. increasing physical fitness by exercising 30 minutes 5 days a week. sleeping 8 hours a night. eating less sugar and more vegetables. investing in relationships with spouse 30 minute a day/ hours a week. children, apprentice, and other 30 minutes a day/hours a week.