

YOUR WHEEL NAMED IT:

FITNESS

You took the Scorecard, and the wheel did what wheels do — it told the truth. Your **Fitness** gear came back lowest. That is not a verdict. That is a work order. The lag gear is not where you are worst as a person — it is where the next honest hour of work buys you the most, because it is the one dragging the other seven.

Fitness is **the Chassis** — your body and your rest. It is the frame every other gear bolts to. *“Do you not know that your body is a temple of the Holy Spirit within you...? You are not your own; you were bought at a price. Therefore glorify God with your body.”*¹ CORINTHIANS 6:19-20 (BSB)

THE READ

Watch what actually happens when the body goes: the energy for the morning prayer goes with it. The patience for the passengers goes. The edge at work goes. The chassis does not show up on its own line item — it shows up as a tax on all seven of the others. That is why a low Fitness score is never just a fitness problem. It is a whole-machine problem wearing gym clothes.

And hear the part most driven people skip: **rest lives in this gear**. A chassis does not fail from load. It fails from load without service intervals. Running yourself until you collapse is not commitment — it is deferred maintenance, and deferred maintenance always presents its bill with interest. The verse does not say your body is your tool. It says it is a temple, bought at a price, housing the Spirit of God. You do not own this machine. You are the steward with the keys — and the Owner expects it maintained.

~~“I’m falling apart.”~~ → **“I’M REBUILDING THE VEHICLE MY ASSIGNMENT RIDES IN.”**

Feel the difference in your chest when you say the second one out loud. The first is a diagnosis you are surrendering to. The second is a work order with your name on it — and it reframes every workout, every early night, every skipped second helping as mission maintenance, not vanity.

THE 30-DAY MOVE

THE MINIMUM SERVICE INTERVAL

1. **Set a sleep window and defend it:** same lights-out, same wake-up, seven days a week. Sleep is the cheapest performance upgrade ever invented and the first one sacrificed.
2. **Twenty minutes of movement, daily.** Walk, lift, ride, stretch — the modality matters less than the streak. Small enough to do on your worst day; that is the design.
3. **One real rest block per week** — an actual Sabbath stretch where you are off-duty on purpose. Rest is not the absence of work. It is part of the maintenance schedule.

WHEN YOU WANT MORE THAN A NUDGE

On the Resources page at shiftinggearscoaching.com: the **epigenetic testing** we have personally used — the dyno sheets that show your biological age, your inflammation age, and the genetic hardware underneath — plus the Fitness shelf (*Why We Sleep, Outlive*). And **The 50-Week Drive** gives the Chassis five structured weeks inside the year that rebuilds all eight gears.