



SAINT SEBASTIAN SPORTS PROJECT
FITNESS CHALLENGE
10-DAYS OF FITNESS FUN

LET'S GET FIT!



Saint Sebastian Prayer

GOAL: Recite prayer every day, by day 10 to know it by heart! ♥

***St. Sebastian, patron Saint
of Athletes and Sports,
help me to do the best I can,
aim high and always
give it my best effort,
and if I should fail
give me the strength to try harder.
- Amen***

