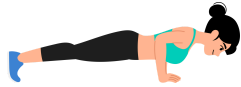


# Week 1 Training Schedule

# "Foundations"



My Body Feels...

PWOR

## POST-WORKOUT REPORT

Points Scored

<b>MON</b>	<b>CORE 1</b>	<b>1 CORINTHIANS 9:24-27</b>	 	<input type="checkbox"/>
<b>TUE</b>	<b>ABS CHALLENGE</b>	<b>1 Timothy 4:7-8</b>	 	<input type="checkbox"/>
<b>WED</b>	<b>CORE 1</b>	<b>Psalms 1:1-2</b>	 	<input type="checkbox"/>
<b>THUR</b>	<b>ABS CHALLENGE</b>	<b>2 Timothy 3:16-17</b>	 	<input type="checkbox"/>
<b>FRI</b>		<b>Joshua 1:8</b>	 	<input type="checkbox"/>
<b>SAT</b>	<b>WALK/HIKE</b>		 	<input type="checkbox"/>
<b>SUN</b>	<b>REST/RESET</b>		 	<input type="checkbox"/>

### ACKNOWLEDGE EVERY SMALL VICTORY

Below list out the LITTLE things you added or accomplished throughout Week

1

**Victories**

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# Biblical Reflections

# Physical Reflections

**1 Corinthians**

**9:24-27**

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**1 Timothy**

**4:7-8**

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**Psalms**

**1:1-2**

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**2 Timothy**

**3:16-17**

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**Joshua**

**1:8**

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