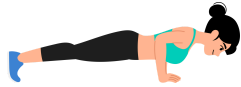


# Week 2 Training Schedule

# "Strength In Spirit & Body"




My Body Feels...

PWOR

## POST-WORKOUT REPORT

Points Scored

|             |   |                               |  |                          |
|-------------|---|-------------------------------|--|--------------------------|
| <b>MON</b>  | <b>CORE 2</b>   | <b>PHILLIPIANS 4:3</b>        | <input type="checkbox"/> thumbs up<br><input type="checkbox"/> thumbs down | <input type="checkbox"/> |
| <b>TUE</b>  | <b>ABS CHALLENGE</b>  | <b>Psalms 18:32</b>           | <input type="checkbox"/> thumbs up<br><input type="checkbox"/> thumbs down | <input type="checkbox"/> |
| <b>WED</b>  | <b>CORE 2</b>   | <b>1 Thessalonians 5:23</b>   | <input type="checkbox"/> thumbs up<br><input type="checkbox"/> thumbs down | <input type="checkbox"/> |
| <b>THUR</b> | <b>ABS CHALLENGE</b>  | <b>Isaiah 40:31</b>           | <input type="checkbox"/> thumbs up<br><input type="checkbox"/> thumbs down | <input type="checkbox"/> |
| <b>FRI</b>  |  | <b>Joshua 1:9</b>             | <input type="checkbox"/> thumbs up<br><input type="checkbox"/> thumbs down | <input type="checkbox"/> |
| <b>SAT</b>  | <b>WALK/HIKE</b>  | <b>1 Corinthians 6:19-20</b>  | <input type="checkbox"/> thumbs up<br><input type="checkbox"/> thumbs down | <input type="checkbox"/> |
| <b>SUN</b>  | <b>REST/RESET</b>   | <b>1 Corinthians 15:43-44</b> | <input type="checkbox"/> thumbs up<br><input type="checkbox"/> thumbs down | <input type="checkbox"/> |

### ACKNOWLEDGE EVERY SMALL VICTORY

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

1

**Victories**

---



---



---



---



---



---



---

# Biblical Reflections

# Physical Reflections

**1 Corinthians**

**9:24-27**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**1 Timothy**

**4:7-8**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**Psalms**

**1:1-2**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**2 Timothy**

**3:16-17**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**Joshua**

**1:8**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---