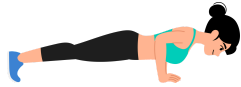


# Week 4 Training Schedule

# "Rest and Recovery"



My Body Feels...

PWOR

## POST-WORKOUT REPORT

Points Scored

<b>MON</b>	<b>CORE 4</b>	<b>EXODUS 20:8-12</b>	 	<input type="checkbox"/>
<b>TUE</b>	<b>ABS CHALLENGE</b>	<b>MATTHEW 11:28</b>	 	<input type="checkbox"/>
<b>WED</b>	<b>CORE 4</b>	<b>EXODUS 33:14</b>	 	<input type="checkbox"/>
<b>THUR</b>	<b>ABS CHALLENGE</b>	<b>PSALMS 23:2</b>	 	<input type="checkbox"/>
<b>FRI</b>		<b>ISAIAH 40:31</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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