



Spiritual Training Schedule

Short Term Goal(s):

Long Term Goal(s):

Equipment:

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>

Try to "schedule" each of these components into your days. Give general or specific times. As much or as little is do-able for you.

Components: *Running Days (time in the Word)* *Cross Training Days (service)* *Rest Days (prayer)*