

# The Work

Empower Yourself  
with the  
**Premier Self-Development Program**  
developed by



- or -

*A Necessary Introduction to Our World*



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# About The Work Daily

**This program develops your mind, body, and soul.** Over the next year you will learn how to be healthy and well through holistic nutrition and efficient physical fitness. You will become your own trainer and nutritionist. You will also learn how to grow healthy food, allowing you to be your own farmer. Additionally, you will learn valuable truths about history, philosophy, and the world we live in. Once completed, you will have proven to yourself that you can improve yourself dramatically and efficiently by actively participating in your own development.

**This program requires effort.** The path of self-development is often long and winding. Little direction is given to the truly important aspects of our world. For that reason, I have created this program to ensure those who desire to improve themselves have as direct a path as possible.

This program is ambitious and will aid in developing the necessary habit of regular self-study and reflection. Self-development requires reading and contemplation. I heard once, that if you want something that you have never had, then you must do something that you have never done. This is your chance.

You are your greatest advocate. Self development is self-driven. You must do the work.

**This program is efficient.** This program condenses approximately ten years of research into one year of study. The world is full of information. Much of it useless. I have found the sources contained herein to be the most effective and efficient at presenting beneficial information. When combined, a new understanding of our world emerges. The program is broken up into two sections. The first section is designed to take one year and expands upon the material in *The Natural Advantage – Health and Wellness Through Natural Farming, Feeding, Fitness, and Philosophy*. This section has three tiers. The self-paced further work section covers the material that I suggested at the end of *The Natural Advantage* and is studied at your own pace. These materials include reading *The End of All Evil* by Jeremy Locke and *The Secret Teachings of All Ages* by Manly P. Hall, as well as listening to Mark Passio's podcast *What On Earth Is Happening*. Due to the breadth and importance of Mark's work, his podcast should be started as soon as possible and listened to in order, from podcast one on. I often listened to the podcast at 1.5 speed.

Tier 1: Enter the Kettlebell by Pavel Tsatsouline, Propaganda by Edward Bernays, In Defense of Food by Michael Pollen, The Art of Simple Food by Alice Waters, Power to the People by Pavel Tsatsouline, The Trivium by Sister Miriam Joseph OR Listen to Intro to Grammar and Intro to Logic by Leonard Peikoff, Elementary Catechism of the U.S. Constitution by Arthur Stansbury, and None Dare Call It Conspiracy by Gary Allen

Tier 2: The One Straw Revolution by Masanobu Fukuoka, Pottenger's Prophecy by Gary Graham, Deborah Kesten, and Larry Scherwitz, Starting Strength by Mark Rippetoe, Economics in One Lesson by Henry Hazlitt, The 5000 Year Leap by W. Cleon Skousen, Crimes of the Educators by Samuel Blumenfield

Tier 3: No-Till Vegetable Culture by Bryan O'Hara, What to Eat by Marion Nestle, The Purposeful Primitive by Marty Gallagher, Watch Mark Passio's Natural Law Seminar, The Founders' Second Amendment by Stephen Halbrook, Johnny Got His Gun by Dalton Trumbo, The Kyballion by Three Initiates, The Creature from Jekyll Island by G. Edward Griffin, The Open Source Everything Manifesto by Robert David Steele

Self-Paced Further Work: The End of All Evil by Jeremy Locke, The Secret Teachings of All Ages by Manly P. Hall, What On Earth Is Happening Podcast by Mark Passio.\*

\*Due to the breadth and importance of Mark's work, his podcast should be started as soon as possible and listened to in order, from podcast one on. I often listened to him at 1.5 speed. Mark's first 196 podcasts were audio. Eventually he moved to video. Due to size constraints, only the audio versions are included. Find the rest at Mark Passio's website – [www.WhatOnEarthIsHappening.com](http://www.WhatOnEarthIsHappening.com).

**This program is cumulative.** It is possible to live a healthy and full life based entirely off of what is learned in *The Natural Advantage – Health and Wellness Through Natural Farming, Feeding, Fitness, and Philosophy*. However, most, myself included, benefit from hearing the information multiple times from multiple sources.

Tier 1 requires approximately 20 pages a day of reading, Tier 2 approximately 25 pages a day, and tier 3 requires approximately 30 pages a day. I have tried to add additional time for particularly difficult texts. Each tier covers the same material. Subsequent tiers improve on the depth and breadth of that material. Additionally, you will choose between kettlebell or barbell based fitness. These programs take approximately 30 minutes per day, Monday through Friday.

This program includes daily bible reading and watching videos by The Bible Project. The Bible is covered for context rather than conversion. Additionally, daily reading of the Bible develops the habit of reading longer texts in short chunks.

**Note:** Not all videos by the Bible Project are reflected in this program. They have continued to develop new material that can be found on their website.

**Note:** The Work was originally designed using physical books. During Tier 1 you would read about 20 pages per day, Tier 2 is about 25 pages per day, and Tier 3 is about 30 pages per day. Adjust as needed with the digital versions.

**This program efficiently develops fitness.** This program develops a physically capable individual no matter the chosen physical fitness program. Everyone starts out doing a version of the program minimum in *Enter the Kettlebell*. The program minimum helps to develop proper movement techniques and Pavel Tsatsouline, the author, is a master educator. After the program minimum has been completed, there are three physical fitness programs to choose from.

The Minimalist. This program utilizes the kettlebell swing and the kettlebell getup. The kettlebell swing is one of the most efficient exercises available. The body experiences minimum wear and tear even with high repetitions. Also, the kettlebell getup teaches the body to work well together and develops whole body strength. From time to time I have lived on a diet of only kettlebell swings and been happy with my general fitness levels.

The Kettlebell program. This programs includes kettlebell presses, squats, and swings. The program will develop strong overall strength and fitness with minimal equipment. Ideal for home training.

The barbell program. This program includes the barbell press, squat and deadlift, as well as cardio with kettlebell swings or other method of your choice. This program will efficiently and dramatically develop your strength. Ideal for training in a gym.

**Note:** Kettlebell swing volume can be increased by starting with a comfortable number of swings per minute for a comfortable amount of time and increasing the number of minutes until you reach your target, then increasing the amount of swings per minute. For example, you are comfortable doing 10 swings per minute for 7 minutes. Next, try to do 10 swings for 8 minutes, once complete, move to 9 and so on until you reach 20 minutes. Once you reach 20 minutes, add an extra swing each minute. i.e., 11 swings per minute, 12, 13, so on, until you are able to do 20 swings per minute for 20 minutes. Once comfortable, increase the kettlebell weight and work your way up again.

High quality kettlebells can be purchased at [www.StrongFirst.com](http://www.StrongFirst.com), [www.DragonDoor.com](http://www.DragonDoor.com), and [www.RogueFitness.com](http://www.RogueFitness.com). They can also be found at your local fitness store.

**Note:** The barbell program can be done at home with minimal equipment. For pressing, the overhead press, side press, or floor press may be used. If you are side pressing you will need to purchase strong barbell collars to ensure the weight does not slide off of the barbell as you manipulate the bar to your shoulder. I'm currently using Rogue 2.0 HG Collars – magnetic. For squatting, Zercher squats are safe and effective. Some complain of pain in the arms while holding the barbell, I've read that some people use pads on the barbell to help ease the pain. Deadlifting platform plans can be found online. Often they consist of plywood and a couple of horse stall mats. The horse stall mats can be purchased at your local farm and tractor supply

store. Additionally, traditional barbell exercises can be safely performed by purchasing or building a power cage with properly adjusted safety bars or training with a partner.

300 lb weight sets can be purchased at your local fitness store. In time you can purchase additional weight plates and a better barbell. Rogue Fitness sells great equipment at [www.RogueFitness.com](http://www.RogueFitness.com).

**Note:** If you choose to run, research barefoot running. The mechanical change in the stride appears to reduce wear and tear on the body.

**Note:** If you really do not want to purchase any equipment, substitute presses with push-up variations; squats with jump-squats and lunges; and your pulls with pull-ups or the superman.

These basic programs are efficient and straightforward. They work well for busy people and have the greatest return on your effort. Once you complete The Work, you will have the knowledge necessary to tailor your program to your needs. For now, understand you will be busy reading and training your mind. Get your physical fitness in, ensure you understand the movements, be safe while doing so, improve dramatically, but don't spend extra mental effort on a complicated program that distracts from completing The Work.

**This program develops the self.** In addition to learning about farming, feeding, fitness and philosophy and how they interact, the program also includes reminders to consider moral precepts. Benjamin Franklin had a habit of asking in the morning "What good shall I do today?" and in the evening "What good have I done today?" A good habit for all. Also, at one time he attempted to perfect himself. He settled upon 13 moral precepts to regularly consider. This program considers each for a week at a time. The traits are as follows:

**Temperance:** Eat not to dullness and drink not to elevation.

**Silence:** Speak not but what may benefit others or yourself. Avoid trifling conversation.

**Order:** Let all your things have their places. Let each part of your business have its time.

**Resolution:** Resolve to perform what you ought. Perform without fail what you resolve.

**Frugality:** Make no expense but to do good to others or yourself: i.e. Waste nothing.

**Industry:** Lose no time. Be always employed in something useful. Cut off all unnecessary actions.

**Sincerity:** Use no hurtful deceit. Think innocently and justly; and, if you speak, speak accordingly.

**Justice:** Wrong none, by doing injuries or omitting the benefits that are your duty.

**Moderation:** Avoid extremes. Forebear resenting injuries so much as you think they deserve.

**Cleanliness:** Tolerate no uncleanliness in body, clothes or habitation.

**Chastity:** Rarely use venery but for health or offspring; Never to dullness, weakness, or the injury of your own or another's peace or reputation.

**Tranquility:** Be not disturbed at trifles, or at accidents common or unavoidable.

**Humility:** Imitate Jesus and Socrates.

Additionally, most people lie to themselves and hold themselves back because of false beliefs. This program challenges you to literally sit in front of a mirror and consider the beliefs that are holding you back. The lies that we tell ourselves hinder our achievement. Two examples include: I am not good enough, or I do not have the time. The truth is that anything is achievable based upon time and effort. Make the decision to achieve. This program will help you to develop the necessary momentum to accomplish, that habit will take you far.

**This program makes you think about what you eat.** This program contains a daily reminder to consider your diet. There is much contained in the educational materials about diet. I shared my thoughts about a healthy diet in *The Natural Advantage*. A food diary can be a great way to become aware of your diet. It is not easy to update your diet, but it is life changing to do so. You should progress at your pace.

Also, consider your food sourcing. Do you have a local farmer's market with high quality organically grown foods? Do you have a health food store? Choose high quality foods and supplements.

**This program helps you align perception with truth.** Truth is constant - what has actually occurred. Perception is variable – what we think occurred. Our goal is to align our perception to the truth.

**This program is just the beginning.** Once complete, you will have completed The Work and advanced your understanding of the world far beyond most. However, there is still much to learn. This is why I highly suggest immediately reading the short book titled *The End of All Evil* by Jeremy Locke. Then *The Secret Teachings of All Ages* by Manly P. Hall; read it over several months as you did with the Bible, in bite sized chunks – an efficient way to get through longer texts while reading other shorter books of interest. Mark Passio's work is of such breadth and worth that I suggest beginning his podcast *What On Earth Is Happening* from #1 and progressing in order, as soon as possible. I often listened to him at 1.5 speed.

**This program is written in general terms.** If you have developed in an area beyond the scope of this book and program, then continue on your path. This program is an introduction rather than the end. Generally, all will do well on the ideals in this program. For premier performance, individuals will tailor the information to themselves. This program teaches you how to do so.

Always remember the general truths. It is easy to fall prey to the specifics, however, you may find simplicity provides greater balance.

**This program is rewarding.** The individual who takes up the challenge of doing The Work will be rewarded with greatly improved habits and fitness, and an understanding of the world as it is.

#### **Other useful resources (alphabetical):**

1. Epoch Times news at [www.TheEpochTimes.com](http://www.TheEpochTimes.com) (subscription);
2. The Mises Institute at [www.mises.org](http://www.mises.org);
3. The New American magazine, an affiliate of the John Birch Society, and other information at [www.TheNewAmerican.com](http://www.TheNewAmerican.com) or [www.jbs.org](http://www.jbs.org) (subscription);
4. The work of Alex Jones at [www.InfoWars.com](http://www.InfoWars.com) and [www.Banned.Video](http://www.Banned.Video);
5. The work of Gerald Celente at [www.TrendsJournal.com](http://www.TrendsJournal.com) (subscription);
6. The work of Manly P. Hall and the Philosophical Research Society at [www.prs.org](http://www.prs.org);
7. The work of Mark Passio at [www.WhatOnEarthIsHappening.com](http://www.WhatOnEarthIsHappening.com);
8. Various authors at [www.LewRockwell.com](http://www.LewRockwell.com);
9. Various authors at [www.ZeroHedge.com](http://www.ZeroHedge.com).

**This program is free.** I chose to self-publish these works so that they may remain free at all times. This allows access to as many people as possible. Many, if not all, of the other works can be found online inexpensively or for free.

If you choose to support my work feel free to visit [www.ThisIsTheNaturalAdvantage.com](http://www.ThisIsTheNaturalAdvantage.com) to see how. If you have enjoyed this program, please support those that created the works in the program; such as the authors, lecturers, the Bible Project, and Mark Passio.

**Finally**, none of this information is new. I simply organized this information into a format that tracked my path towards awakening.

# The Work

Prior to starting, first **Read** The Natural Advantage – Health and Wellness Through Natural Farming, Feeding, Fitness, and Philosophy and **Watch** Mark Passio's The Science of Natural Law. These provide the big picture. The program is designed for a Monday through Friday work schedule. Adjust as necessary.

Look ahead in the program to ensure you have the proper materials.

Day 15 marks the beginning of the Program minimum which requires a kettlebell. Day 64 begins the minimalist, kettlebell, or barbell training programs.

## Kettlebell size to start with:

An average lady – 18 lbs; A strong lady – 26 lbs;

An average gentleman – 35 lbs; A stronger-than-average gentleman – 44lbs; A very strong gentleman – 53 lbs

Day	Task	Training
1	<p><b>Watch:</b> *Bible Project (BP) Tree of Life _____</p> <p><b>Read:</b> Bible: * Genesis 1-3 _____, Psalm 1 _____ Start Enter the Kettlebell _____</p> <p><b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____ Track the sun in your location _____ *Included for context rather than conversion.</p>	<p><b>Notes:</b></p>
2	<p><b>Watch:</b> BP Torah: The Book of Genesis – part 1 of 2 _____</p> <p><b>Read:</b> Bible: Genesis 4-7 _____ Enter the Kettlebell _____</p> <p><b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____</p>	<p><b>Notes:</b></p>
3	<p><b>Watch:</b> BP How to Read the Bible: Biblical Story _____</p> <p><b>Read:</b> Bible: Genesis 8-1 _____, Psalm 2 _____ Enter the Kettlebell _____</p> <p><b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____</p>	<p><b>Notes:</b></p>

<p><b>4</b></p> <p><b>Watch:</b> BP Overview: Genesis Ch. 11 _____</p> <p><b>Read:</b> Bible: Genesis 12-15 _____ Enter the Kettlebell _____</p> <p><b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____</p>	<p><b>Notes:</b></p>	
<p><b>5</b></p> <p><b>Watch:</b> BP Covenants _____</p> <p><b>Read:</b> Bible: Genesis 16-18 _____, Psalm 3 _____ Enter the Kettlebell _____</p> <p><b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____</p>	<p><b>Notes:</b></p>	
<p><b>6</b></p> <p><b>Watch:</b> BP How to Read the Bible: Literary Styles _____</p> <p><b>Read:</b> Bible: Genesis 19-21 _____ Enter the Kettlebell _____</p>	<p><b>Training:</b> Rest day _____</p> <p><b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____</p>	<p><b>Notes:</b></p>
<p><b>7</b></p> <p><b>Watch:</b> BP How to Read the Bible: Ancient Jewish Meditation Literature _____</p> <p><b>Read:</b> Bible: Genesis 22-24 _____, Psalm 4 _____ Enter the Kettlebell _____</p>	<p><b>Training:</b> Rest day _____</p> <p><b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____ Given the time and effort you can accomplish anything, what is holding you back?</p>	<p><b>Notes:</b></p>
<p><b>Additional Notes:</b></p>		

<p><b>8</b></p> <p><b>Watch:</b> BP Image of God _____</p> <p><b>Read:</b> Bible: Genesis 25-28 _____ Enter the Kettlebell _____</p> <p><b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today?</p>	<p><b>Notes:</b></p>
<p><b>9</b></p> <p><b>Watch:</b> BP Torah: The Book of Genesis – Part 2 of 2 _____</p> <p><b>Read:</b> Bible: Genesis 29-31 _____, Psalm 5 _____ Enter the Kettlebell _____</p> <p><b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today?</p>	<p><b>Notes:</b></p>
<p><b>10</b></p> <p><b>Read:</b> Bible: Genesis 32-34 _____ Enter the Kettlebell _____</p> <p><b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today?</p>	<p><b>Notes:</b></p>
<p><b>11</b></p> <p><b>Read:</b> Bible: Genesis 35-37 _____, Psalm 6 _____ Enter the Kettlebell _____</p> <p><b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today?</p>	<p><b>Notes:</b></p>
<p><b>Additional Notes:</b></p>	

12	<p><b>Read:</b>            Bible: Genesis 38-40 _____            Enter the Kettlebell _____</p> <p><b>Consider:</b>            What good shall I do today? _____            Silence _____            Your diet _____            What good have I done today?</p>	<p><b>Notes:</b></p>	
13	<p><b>Read:</b>            Bible: Genesis 41-42 _____, Psalm 7 _____            Enter the Kettlebell _____</p>	<p><b>Consider:</b>            What good shall I do today? _____            Silence _____            Your diet _____            What good have I done today?</p>	<p><b>Notes:</b></p>
14	<p><b>Read:</b>            Bible: Genesis 43-45 _____            Finish Enter the Kettlebell _____</p>	<p><b>Consider:</b>            What good shall I do today? _____            Silence _____            Your diet _____            What good have I done today? _____            What have you learned that conflicts with your beliefs?</p>	<p><b>Notes:</b></p>

**Additional Notes:**

<p><b>15</b> <b>Read:</b>            Bible: Genesis 46-47 _____, Psalm 8 _____            Propaganda _____  <b>Consider:</b>            What good shall I do today? _____            Order _____            Your diet _____            What good have I done today?</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____</p> <p><b>KB Swings</b> (up to 12 minutes) KB Weight _____ Time _____</p> <p><b>Notes:</b></p>
<p><b>16</b> <b>Watch:</b>            BP Overview: Genesis Ch. 12-50 _____</p> <p><b>Read:</b>            Bible: Genesis 48-50 _____            Propaganda _____  <b>Consider:</b>            What good shall I do today? _____            Order _____            Your diet _____            What good have I done today?</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____</p> <p><b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____</p> <p><b>Notes:</b></p>
<p><b>17</b> <b>Watch:</b>            BP Torah: The Book of Exodus – Part 1 of 2 _____</p> <p><b>Read:</b>            Bible: Exodus 1-3 _____. Psalm 9 _____            Propaganda _____</p>	<p><b>Consider:</b>            What good shall I do today? _____            Order _____            Your diet _____            What good have I done today?</p> <p><b>Notes:</b></p>
<p><b>18</b> <b>Watch:</b>            BP How to <b>Read</b> the Bible: Character _____</p> <p><b>Read:</b>            Bible: Exodus 4-6 _____            Propaganda _____</p> <p><b>Consider:</b>            What good shall I do today? _____            Order _____            Your diet _____            What good have I done today?</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____</p> <p><b>KB Swings</b> (12 minutes) KB Weight _____ Time _____</p> <p><b>Notes:</b></p>
<p><b>Additional Notes:</b></p>	

19	<b>Read:</b> Bible: Exodus 7-9 _____, Psalm 10 _____ Propaganda _____ <b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____	<b>Program Minimum (Enter the Kettlebell)</b> <b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____ <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____ <b>Notes:</b>
20	<b>Read:</b> Bible: Exodus 10-12 _____ Propaganda _____	<b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____
21	<b>Read:</b> Bible: Exodus 13-15 _____, Psalm 11 _____ Propaganda _____	<b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____ Which of your beliefs are incorrect and need to be discarded?

**Additional Notes:**

<p><b>22</b></p> <p><b>Watch:</b> BP Overview: Exodus Ch. 1-18 _____</p> <p><b>Read:</b> Bible: Exodus 16-18 _____ Propaganda _____</p> <p><b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today?</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____</p> <p><b>KB Swings (12 minutes)</b> KB Weight _____ Time _____ Notes:</p>
<p><b>23</b></p> <p><b>Watch:</b> Torah: The Book of Exodus – Part 2 of 2 _____</p> <p><b>Read:</b> Bible: Exodus 19-21 _____, Psalm 12 _____ Propaganda _____</p> <p><b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today?</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____</p> <p><b>KB Getups (up to 10 minutes)</b> KB Weight _____ Reps Left _____ Reps Right _____ Notes:</p>
<p><b>24</b></p> <p><b>Watch:</b> BP Justice _____</p> <p><b>Read:</b> Bible: Exodus 22-24 _____ Propaganda _____</p>	<p><b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today?</p> <p><b>Notes:</b></p>
<p><b>25</b></p> <p><b>Read:</b> Bible: Exodus 25-27 _____, Psalm 13 _____ Finish Propaganda _____</p> <p><b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today?</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____</p> <p><b>KB Swings (12 minutes)</b> KB Weight _____ Time _____ Notes:</p>
<p><b>Additional Notes:</b></p>	

<b>26</b> <b>Read:</b> Bible: Exodus 28-29 _____ <b>Watch:</b> Back to Eden _____ <b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today?	<b>Program Minimum (Enter the Kettlebell)</b> <b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____ <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____ <b>Notes:</b>
<b>27</b> <b>Read:</b> Bible: Exodus 30-31 _____, Psalm 14 _____ <b>Watch:</b> BP Sabbath _____ Back to Eden _____	<b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today?
<b>28</b> <b>Read:</b> Bible: Exodus 32-34 _____ <b>Watch:</b> BP Character of God _____ Back to Eden _____	<b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today? _____ What truths have you discovered?

**Additional Notes:**

<p><b>29</b></p> <p><b>Read:</b> Bible: Exodus 35-40 _____, Psalm 14 _____ Watch: BP Overview: Exodus Ch. 19-40 _____ Finish Back to Eden _____ <b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today?</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____</p> <p><b>KB Swings (12 minutes)</b> KB Weight _____ Time _____ Notes:</p>
<p><b>30</b></p> <p><b>Watch:</b> BP Torah: The Book of Leviticus _____ <b>Read:</b> Bible: Leviticus 1-4 _____ In Defense of Food _____ <b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today?</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____</p> <p><b>KB Getups (up to 10 minutes)</b> KB Weight _____ Reps Left _____ Reps Right _____ Notes:</p>
<p><b>31</b></p> <p><b>Watch:</b> BP Sacrifice and Atonement _____ <b>Read:</b> Bible: Leviticus 5-7 _____, Psalm 15 _____ In Defense of Food _____</p>	<p><b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today?</p> <p>Notes:</p>
<p><b>32</b></p> <p><b>Read:</b> Bible: Leviticus 8-10 _____ In Defense of Food _____ <b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today?</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____</p> <p><b>KB Swings (12 minutes)</b> KB Weight _____ Time _____ Notes:</p>
<p><b>Additional Notes:</b></p>	

33	<p><b>Watch:</b> BP Law _____</p> <p><b>Read:</b> Bible: Leviticus 11-13 _____, Psalm 16 _____ In Defense of Food _____</p> <p><b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today?</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____</p> <p><b>KB Getups (up to 10 minutes)</b> KB Weight _____ Reps Left _____ Reps Right _____ <b>Notes:</b></p>
34	<p><b>Watch:</b> BP How to <b>Read</b> the Bible: The Law _____</p> <p><b>Read:</b> Bible: Leviticus 14-15 _____ In Defense of Food _____</p>	<p><b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today?</p> <p><b>Notes:</b></p>
35	<p><b>Read:</b> Bible: Leviticus 16-18 _____, Psalm 17 _____ In Defense of Food _____</p>	<p><b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today? _____ What lies have you believed in?</p> <p><b>Notes:</b></p> <p><b>Additional Notes:</b></p>

<p><b>36</b></p> <p><b>Read:</b> Bible: Leviticus 19-20 _____ In Defense of Food _____</p> <p><b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____</p> <p><b>KB Swings (12 minutes)</b> KB Weight _____ Time _____</p> <p><b>Notes:</b></p>
<p><b>37</b></p> <p><b>Read:</b> Bible: Leviticus 21-23 _____, Psalm 18 _____ In Defense of Food _____</p> <p><b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____</p> <p><b>KB Getups (up to 10 minutes)</b> KB Weight _____ Reps Left _____ Reps Right _____</p> <p><b>Notes:</b></p>
<p><b>38</b></p> <p><b>Read:</b> Bible: Leviticus 24-25 _____ In Defense of Food _____</p>	<p><b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____</p> <p><b>Notes:</b></p>
<p><b>39</b></p> <p><b>Watch:</b> BP Overview: Leviticus _____</p> <p><b>Read:</b> Bible: Leviticus 26-27 _____, Psalm 19 _____ In Defense of Food _____</p> <p><b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____</p> <p><b>KB Swings (12 minutes)</b> KB Weight _____ Time _____</p> <p><b>Notes:</b></p>
<p><b>Additional Notes:</b></p>	

<b>40</b> <b>Watch:</b> BP Torah: The Book of Numbers _____ <b>Read:</b> Bible: Numbers 1-4 _____ In Defense of Food _____ <b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____	<b>Program Minimum (Enter the Kettlebell)</b> <b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____ <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____ <b>Notes:</b>
<b>41</b> <b>Read:</b> Bible: Numbers 5-7 _____, Psalm 20 _____ In Defense of Food _____	<b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____
<b>42</b> <b>Read:</b> Bible: Numbers 8-10 _____ In Defense of Food _____	<b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____ Given the time and effort you can accomplish anything, what is holding you back?
<b>Additional Notes:</b>	

<p><b>43</b></p> <p><b>Read:</b> Bible: Numbers 11-13____, Psalm 21____ In Defense of Food____</p> <p><b>Consider:</b> What good shall I do today?____ Sincerity____ Your diet____ What good have I done today?____</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight_____ 10 Minutes_____</p> <p><b>KB Swings (12 minutes)</b> KB Weight_____ Time_____</p> <p><b>Notes:</b></p>
<p><b>44</b></p> <p><b>Read:</b> Bible: Numbers 14-16____ In Defense of Food____</p> <p><b>Consider:</b> What good shall I do today?____ Sincerity____ Your diet____ What good have I done today?____</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight_____ 10 Minutes_____</p> <p><b>KB Getups (up to 10 minutes)</b> KB Weight_____ Reps Left_____ Reps Right_____</p> <p><b>Notes:</b></p>
<p><b>45</b></p> <p><b>Read:</b> Bible: Numbers 17-18____, Psalm 22____ Finish In Defense of Food____</p>	<p><b>Consider:</b> What good shall I do today?____ Sincerity____ Your diet____ What good have I done today?____</p> <p><b>Notes:</b></p>
<p><b>46</b></p> <p><b>Read:</b> Bible: Numbers 19-21____ *The Art of Simple Food____</p> <p><b>Consider:</b> What good shall I do today?____ Sincerity____ Your diet____ What good have I done today?____ *Read the introduction, getting started, and what to cook chapters. Then familiarize yourself with the recipes and begin to use them.</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight_____ 10 Minutes_____</p> <p><b>KB Swings (12 minutes)</b> KB Weight_____ Time_____</p> <p><b>Notes:</b></p>
<p><b>Additional Notes:</b></p>	

47	<p><b>Read:</b>            Bible: Numbers 22-24____, Psalm 23____            The Art of Simple Food____</p> <p><b>Consider:</b>            What good shall I do today?____            Sincerity____            Your diet____            What good have I done today?____</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight_____ 10 Minutes_____</p> <p>KB Getups (up to 10 minutes) KB Weight_____ Reps Left_____ Reps Right_____</p> <p><b>Notes:</b></p>
48	<p><b>Read:</b>            Bible: Numbers 25-27____            The Art of Simple Food____</p>	<p><b>Consider:</b>            What good shall I do today?____            Sincerity____            Your diet____            What good have I done today?____</p> <p><b>Notes:</b></p>
49	<p><b>Read:</b>            Bible: Numbers 28-30____, Psalm 24____            The Art of Simple Food____</p>	<p><b>Consider:</b>            What good shall I do today?____            Sincerity____            Your diet____            What good have I done today?____            What have you learned that conflicts with your beliefs?____</p> <p><b>Notes:</b></p>
<b>Additional Notes:</b>		

<p><b>50</b></p> <p><b>Read:</b> Bible: Numbers 31-32 _____ The Art of Simple Food _____</p> <p><b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____</p> <p><b>KB Swings (12 minutes)</b> KB Weight _____ Time _____</p> <p><b>Notes:</b></p>
<p><b>51</b></p> <p><b>Read:</b> Bible: Numbers 33-34 _____, Psalm 25 _____ The Art of Simple Food _____</p> <p><b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____</p> <p><b>KB Getups (up to 10 minutes)</b> KB Weight _____ Reps Left _____ Reps Right _____</p> <p><b>Notes:</b></p>
<p><b>52</b></p> <p><b>Watch:</b> BP Overview: Numbers _____</p> <p><b>Read:</b> Bible: Numbers 35-36 _____ Finish The Art of Simple Food _____</p>	<p><b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____</p> <p><b>Notes:</b></p>
<p><b>53</b></p> <p><b>Watch:</b> BP Torah: The Book of Deuteronomy _____</p> <p><b>Read:</b> Bible: Deuteronomy 1-3 _____, Psalm 26 _____ Power to the People _____</p> <p><b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight _____ 10 Minutes _____</p> <p><b>KB Swings (12 minutes)</b> KB Weight _____ Time _____</p> <p><b>Notes:</b></p>
<p><b>Additional Notes:</b></p>	

<p><b>54</b></p> <p><b>Watch:</b> BP Shema_____</p> <p><b>Read:</b> Bible: Deuteronomy 4-6_____ Power to the People_____</p> <p><b>Consider:</b> What good shall I do today?_____ Justice_____ Your diet_____ What good have I done today?_____</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight_____ 10 Minutes_____</p> <p><b>KB Getups</b> (up to 10 minutes) KB Weight_____ Reps Left_____ Reps Right_____</p> <p><b>Notes:</b></p>
<p><b>55</b></p> <p><b>Watch:</b> BP YHWH - Lord_____</p> <p><b>Read:</b> Bible: Deuteronomy 7-9_____, Psalm 27_____ Power to the People_____</p>	<p><b>Consider:</b> What good shall I do today?_____ Justice_____ Your diet_____ What good have I done today?_____</p> <p><b>Notes:</b></p>
<p><b>56</b></p> <p><b>Watch:</b> BP Love_____</p> <p><b>Read:</b> Bible: Deuteronomy 10-12_____ Power to the People_____</p>	<p><b>Consider:</b> What good shall I do today?_____ Justice_____ Your diet_____ What good have I done today?_____ Which of your beliefs are incorrect and need to be discarded?_____</p> <p><b>Notes:</b></p>
<p><b>Additional Notes:</b></p>	

<p><b>57</b></p> <p><b>Watch:</b> BP Heart_____</p> <p><b>Read:</b> Bible: Deuteronomy 13-14_____, Psalm 28_____ Power to the People_____</p> <p><b>Consider:</b> What good shall I do today?_____ Moderation_____ Your diet_____ What good have I done today?_____</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight_____ 10 Minutes_____</p> <p><b>KB Swings (12 minutes)</b> KB Weight_____ Time_____</p> <p><b>Notes:</b></p>
<p><b>58</b></p> <p><b>Watch:</b> BP Soul_____</p> <p><b>Read:</b> Bible: Deuteronomy 15-16_____ Power to the People_____</p> <p><b>Consider:</b> What good shall I do today?_____ Moderation_____ Your diet_____ What good have I done today?_____</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight_____ 10 Minutes_____</p> <p><b>KB Getups (up to 10 minutes)</b> KB Weight_____ Reps Left_____ Reps Right_____</p> <p><b>Notes:</b></p>
<p><b>59</b></p> <p><b>Watch:</b> BP Strength_____</p> <p><b>Read:</b> Bible: Deuteronomy 17-20_____, Psalm 29_____ Power to the People_____</p>	<p><b>Consider:</b> What good shall I do today?_____ Moderation_____ Your diet_____ What good have I done today?_____</p> <p><b>Notes:</b></p>
<p><b>60</b></p> <p><b>Read:</b> Bible: Deuteronomy 21-23_____</p> <p><b>Consider:</b> What good shall I do today?_____ Moderation_____ Your diet_____ What good have I done today?_____</p>	<p><b>Program Minimum (Enter the Kettlebell)</b></p> <p><b>Warmup (face the wall squats, halos, pumps)</b> KB Weight_____ 10 Minutes_____</p> <p><b>KB Swings (12 minutes)</b> KB Weight_____ Time_____</p> <p><b>Notes:</b></p>
<p><b>Additional Notes:</b></p>	

<b>61</b> <b>Read:</b> Bible: Deuteronomy 24-27____, Psalm 30____ Power to the People____ <b>Consider:</b> What good shall I do today?____ Moderation____ Your diet____ What good have I done today?____	<b>Program Minimum (Enter the Kettlebell)</b> <b>Warmup (face the wall squats, halos, pumps)</b> KB Weight_____ 10 Minutes_____ <b>KB Getups</b> (up to 10 minutes) KB Weight_____ Reps Left_____ Reps Right_____ <b>Notes:</b>
<b>62</b> <b>Read:</b> Bible: Deuteronomy 28-29____ Finish Power to the People____	<b>Consider:</b> What good shall I do today?____ Moderation____ Your diet____ What good have I done today?____
<b>63</b> <b>Read:</b> Bible: Deuteronomy 30-31____, Psalm 31____ The Trivium____ OR <b>Listen:</b> Intro to Grammar and Intro to Logic____	<b>Consider:</b> What good shall I do today?____ Moderation____ Your diet____ What good have I done today?____ What truths have you discovered?____
<b>Additional Notes:</b>	

<b>64</b>	<b>Watch:</b> BP Overview: Deuteronomy _____ <b>Read:</b> Bible: Deuteronomy 32-34 _____ The Trivium _____ OR <b>Listen:</b> Intro to Grammar and Intro to Logic _____ <b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____	<table border="1"> <thead> <tr> <th colspan="5" style="text-align: center;"><b>Minimalist</b></th> <th colspan="3" style="text-align: center;"><b>Barbell</b></th> </tr> </thead> <tbody> <tr> <td colspan="5"> <b>KB Swings</b> KB Weight _____            (up to 20 minutes)            Reps per minute _____            Minutes _____         </td><td> <b>Squat</b>            Set 1 Reps _____            50% _____ 75% _____ 100% _____              OR            100% _____ 90% _____ 80% _____         </td><td></td><td></td> </tr> <tr> <td colspan="5"></td><td> <b>Bench Press</b> Set 1 Reps _____            50% _____ 75% _____ 100% _____              OR            100% _____ 90% _____ 80% _____         </td><td></td><td></td> </tr> <tr> <td colspan="5"> <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____              Set 1 Set 2 Set 3 Set 4 Set 5         </td><td> <b>Deadlift</b> Set 1 Reps _____            50% _____ 75% _____ 100% _____              OR            100% _____ 90% _____ 80% _____         </td><td></td><td></td> </tr> <tr> <td colspan="5"> <b>KB Squat</b> KB Weight _____              Set 1 Set 2 Set 3 Set 4 Set 5         </td><td></td><td></td><td></td> </tr> </tbody> </table>	<b>Minimalist</b>					<b>Barbell</b>			<b>KB Swings</b> KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____					<b>Squat</b> Set 1 Reps _____ 50% _____ 75% _____ 100% _____  OR 100% _____ 90% _____ 80% _____								<b>Bench Press</b> Set 1 Reps _____ 50% _____ 75% _____ 100% _____  OR 100% _____ 90% _____ 80% _____			<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5					<b>Deadlift</b> Set 1 Reps _____ 50% _____ 75% _____ 100% _____  OR 100% _____ 90% _____ 80% _____			<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5							
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<b>65</b>	<b>Watch:</b> BP Overview: Joshua _____ <b>Read:</b> Bible: Joshua 1-4 _____, Psalm 32 _____ The Trivium _____ OR <b>Listen:</b> Intro to Grammar and Intro to Logic _____ <b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____	<p style="text-align: center;"><b>Minimalist AND Kettlebell AND Barbell</b></p> <p><b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____</p> <p><b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____</p> <p style="text-align: center;"><b>OR (Barbell Only)</b></p> <p><b>General Cardio</b> Minutes _____</p> <p><b>Notes:</b></p>																																								
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		Minimalist		Barbell			
66	<b>Watch:</b> BP How to Read the Bible: Design Patterns _____ <b>Read:</b> Bible: Joshua 5-8 _____ The Trivium _____ OR <b>Listen:</b> Intro to Grammar and Intro to Logic _____ <b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____	
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____	<b>Bench Press</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____	
		Set 1 Set 2 Set 3 Set 4 Set 5					
		<b>KB Squat</b> KB Weight _____	<b>Deadlift</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____	
		Set 1 Set 2 Set 3 Set 4 Set 5					

Notes:

67	<b>Read:</b> Bible: Joshua 9-12 _____, Psalm 33 _____ The Trivium _____ OR <b>Listen:</b> Intro to Grammar and Intro to Logic _____ <b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b> <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____ <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____ <b>OR (Barbell Only)</b> <b>General Cardio</b> Minutes _____ Notes:
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Additional Notes:

68		Minimalist		Barbell			
Bible: Joshua 13-21	_____	<b>KB Swings</b>	KB	<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
The Trivium	OR	KB Weight	(up to 20 minutes)	50%	75%	100%	
<b>Listen:</b> Intro to Grammar and Intro to Logic	_____	Reps per minute	_____	OR	100%	90%	80%
<b>Consider:</b>		Minutes					
What good shall I do today?	_____	<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
Cleanliness	_____	<b>Kettlebell Press</b>	KB Weight	50%	75%	100%	
Your diet	_____	Set 1	Set 2	Set 3	Set 4	Set 5	OR
What good have I done today?	_____	<b>KB Squat</b>	KB Weight	50%	75%	100%	
		Set 1	Set 2	Set 3	Set 4	Set 5	OR

Notes:

69		Read:	Consider:	Notes:
Bible: Joshua 22-24	_____, Psalm 34	The Trivium	OR	What good shall I do today? _____
<b>Listen:</b> Intro to Grammar and Intro to Logic	_____			Cleanliness _____
<b>Watch:</b>				Your diet _____
BP Overview: Judges	_____			What good have I done today? _____
<b>Read:</b>				What lies have you believed in?
Bible: Judges 1-3	_____			
The Trivium	OR			
<b>Listen:</b> Intro to Grammar and Intro to Logic	_____			

Additional Notes:

71		Minimalist		Barbell			
Bible: Judges 4-5	<u>      </u>	KB Swings	KB	KB Weight	Set 1 Reps	Set 2 Reps	Set 3 Reps
The Trivium	OR	(up to 20 minutes)		50%	75%	100%	
Listen: Intro to Grammar and Intro to Logic	<u>      </u>	Reps per minute		OR	100%	90%	80%
Consider:		Minutes					
What good shall I do today?	<u>      </u>	Kettlebell		Bench Press			
Tranquility	<u>      </u>	Kettlebell Press	KB Weight	Set 1 Reps	Set 2 Reps	Set 3 Reps	
Your diet	<u>      </u>	Set 1		50%	75%	100%	
What good have I done today?	<u>      </u>	Set 2	Set 3	OR	100%	90%	80%
		Set 4	Set 5	Deadlift			
		KB Squat	KB Weight	Set 1 Reps	Set 2 Reps	Set 3 Reps	
		Set 1		50%	75%	100%	
		Set 2	Set 3	OR	100%	90%	80%
		Set 4	Set 5				

Notes:

72		Minimalist AND Kettlebell AND Barbell					
Watch:	BP How to <b>Read</b> the Bible: Plot	KB Getups	(up to 10 minutes)	KB Weight	Reps Left	Reps Right	
Read:	Bible: Judges 6-8	KB Swings	(up to 10 minutes)	KB Weight	Reps Per minute	Minutes	
	The Trivium	OR (Barbell Only)					
Listen: Intro to Grammar and Intro to Logic	<u>      </u>	General Cardio Minutes					
Consider:		Notes:					
What good shall I do today?	<u>      </u>						
Tranquility	<u>      </u>						
Your diet	<u>      </u>						
What good have I done today?	<u>      </u>						

Additional Notes:

73	<p><b>Read:</b> Bible: Judges 9-12____, Psalm 36____ The Trivium____ OR <b>Listen:</b> Intro to Grammar and Intro to Logic____ <b>Consider:</b> What good shall I do today?____ Tranquility____ Your diet____ What good have I done today?____</p>	<p><b>Minimalist</b></p> <p><b>KB Swings</b> KB KB Weight____ (up to 20 minutes)</p> <p>Reps per minute____ Minutes____</p> <p><b>Kettlebell</b></p> <p><b>Kettlebell Press</b> KB Weight____</p> <p>Set 1 Set 2 Set 3 Set 4 Set 5</p> <p><b>KB Squat</b> KB Weight____</p> <p>Set 1 Set 2 Set 3 Set 4 Set 5</p>	<p><b>Barbell</b></p> <p><b>Squat</b> Set 1 Reps____ Set 2 Reps____ Set 3 Reps____ 50%____ 75%____ 100%____</p> <p>OR 100%____ 90%____ 80%____</p> <p><b>Bench Press</b> Set 1 Reps____ Set 2 Reps____ Set 3 Reps____ 50%____ 75%____ 100%____</p> <p>OR 100%____ 90%____ 80%____</p> <p><b>Deadlift</b> Set 1 Reps____ Set 2 Reps____ Set 3 Reps____ 50%____ 75%____ 100%____</p> <p>OR 100%____ 90%____ 80%____</p>
Notes:			
74	<p><b>Read:</b> Bible: Judges 13-15____ The Trivium____ OR <b>Listen:</b> Intro to Grammar and Intro to Logic____ <b>Consider:</b> What good shall I do today?____ Tranquility____ Your diet____ What good have I done today?____</p>	<p><b>Minimalist AND Kettlebell AND Barbell</b></p> <p><b>KB Getups</b> (up to 10 minutes) KB Weight____ Reps Left____ Reps Right____</p> <p><b>KB Swings</b> (up to 10 minutes) KB Weight____ Reps Per minute____ Minutes____</p> <p><b>General Cardio</b> Minutes</p> <p><b>Notes:</b></p>	<p><b>OR (Barbell Only)</b></p>
Additional Notes:			

		Minimalist		Barbell						
75	<b>Read:</b> Bible: Judges 16-18____, Psalm 37____ The Trivium____ OR <b>Listen:</b> Intro to Grammar and Intro to Logic____ <b>Consider:</b> What good shall I do today?____ Tranquility____ Your diet____ What good have I done today?____	<b>KB Swings</b> KB	KB Weight____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps			
		Reps per minute____	Minutes	OR	50%____	75%____	100%____			
					100%____	90%____	80%____			
		<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps			
		<b>Kettlebell Press</b>	KB Weight____	OR	50%____	75%____	100%____			
		Set 1	Set 2	Set 3	Set 4	Set 5	OR	100%____	90%____	80%____
		<b>KB Squat</b>	KB Weight____	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps			
		Set 1	Set 2	Set 3	Set 4	Set 5	OR	50%____	75%____	100%____
					100%____	90%____	80%____			

Notes:

76	<b>Read:</b> Bible: Judges 19-21____ The Trivium____ OR <b>Listen:</b> Intro to Grammar and Intro to Logic____	<b>Consider:</b> What good shall I do today?____ Tranquility____ Your diet____ What good have I done today?____	Notes:
77	<b>Watch:</b> BP Overview: Ruth____ <b>Read:</b> Bible: Ruth 1-4____, Psalm 38____ The Trivium____ OR <b>Listen:</b> Intro to Grammar and Intro to Logic____	<b>Consider:</b> What good shall I do today?____ Tranquility____ Your diet____ What good have I done today?____ Given the time and effort you can accomplish anything, what is holding you back?	Notes:

Additional Notes:

78		Minimalist		Barbell			
Watch:	BP Overview: 1 Samuel _____	<b>KB Swings</b>	KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
Read:	Bible: 1 Samuel 1-3 _____ The Trivium _____ OR	Reps per minute _____ Minutes _____	OR	100% _____	90% _____	80% _____	
Listen:	Intro to Grammar and Intro to Logic _____						
Consider:	What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____	<b>Kettlebell</b>	<b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b>	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
			OR	100% _____	90% _____	80% _____	
			<b>Deadlift</b>	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____	
			OR	100% _____	90% _____	80% _____	

Notes:

79		Minimalist AND Kettlebell AND Barbell			
Read:	Bible: 1 Samuel 4-8 _____, Psalm 39 _____ The Trivium _____ OR	<b>KB Getups</b> (up to 10 minutes)	KB Weight _____	Reps Left _____	Reps Right _____
Listen:	Intro to Grammar and Intro to Logic _____	<b>KB Swings</b> (up to 10 minutes)	KB Weight _____	Reps Per minute _____	Minutes _____
Consider:	What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____	OR (Barbell Only)			
		General Cardio Minutes			
		Notes:			

Additional Notes:

<b>80</b> <b>Read:</b> Bible: 1 Samuel 9-12 _____ The Trivium _____ OR <b>Listen:</b> Intro to Grammar and Intro to Logic _____ <b>Consider:</b> What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____		<b>Minimalist</b> <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____		<b>Barbell</b> <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____		<b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	
		Set 1 Set 2 Set 3 Set 4 Set 5		<b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	
		<b>KB Squat</b> KB Weight _____			
		Set 1 Set 2 Set 3 Set 4 Set 5			

Notes:

<b>81</b> <b>Read:</b> Bible: 1 Samuel 13-14 _____, Psalm 40 _____ The Trivium _____ OR <b>Listen:</b> Intro to Grammar and Intro to Logic _____ <b>Consider:</b> What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____		<b>Minimalist AND Kettlebell AND Barbell</b> <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____ <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____ <b>OR (Barbell Only)</b> <b>General Cardio</b> Minutes _____ <b>Notes:</b>	
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Additional Notes:

82		Minimalist		Barbell			
Bible: 1 Samuel 15-17	<u>      </u>	<b>KB Swings</b>	KB	KB Weight	<u>      </u>	<b>Squat</b>	Set 1 Reps
The Trivium	OR	(up to 20 minutes)				50%	75%
<b>Listen:</b> Intro to Grammar and Intro to Logic	<u>      </u>	Reps per minute	<u>      </u>		OR	100%	100%
<b>Consider:</b>		Minutes				90%	80%
What good shall I do today?	<u>      </u>						
Chastity	<u>      </u>						
Your diet	<u>      </u>						
What good have I done today?	<u>      </u>						
<b>Kettlebell</b>							
<b>Kettlebell Press</b>		KB Weight			<b>Bench Press</b>	Set 1 Reps	Set 2 Reps
						50%	75%
					OR	100%	100%
Set 1	Set 2	Set 3	Set 4	Set 5		90%	80%
<b>KB Squat</b>		KB Weight			<b>Deadlift</b>	Set 1 Reps	Set 2 Reps
						50%	75%
					OR	100%	100%
Set 1	Set 2	Set 3	Set 4	Set 5		90%	80%

Notes:

83	Read: Bible: 1 Samuel 18-20, Psalm 41 The Trivium OR Listen: Intro to Grammar and Intro to Logic	Consider: What good shall I do today? Chastity Your diet What good have I done today?	Notes:
84	Read: Bible: 1 Samuel 21-24 The Trivium OR Listen: Intro to Grammar and Intro to Logic	Consider: What good shall I do today? Chastity Your diet What good have I done today? What have you learned that conflicts with your beliefs?	Notes:

Additional Notes:

		Minimalist		Barbell		
85	<b>Read:</b> Bible: 1 Samuel 25-27 _____, Psalm 42 _____ The Trivium _____ OR <b>Listen:</b> Intro to Grammar and Intro to Logic _____ <b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____

Notes:

		Minimalist AND Kettlebell AND Barbell			
86	<b>Read:</b> Bible: 1 Samuel 28-31 _____ The Trivium _____ OR <b>Listen:</b> Intro to Grammar and Intro to Logic _____ <b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____			
		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____			
		<b>OR (Barbell Only)</b>			
		<b>General Cardio</b> Minutes _____			
		Notes:			

Additional Notes:

87		Minimalist		Barbell			
Watch:	BP Overview: 2 Samuel _____	<b>KB Swings</b>	KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
Read:	Bible: 2 Samuel 1-3 _____, Psalm 32 _____ The Trivium _____ OR	Reps per minute _____ Minutes		OR	100% _____	90% _____	80% _____
Listen:	Intro to Grammar and Intro to Logic _____						
Consider:	What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____	<b>Kettlebell</b>	<b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b>	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
				OR	100% _____	90% _____	80% _____
			<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b>	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
				OR	100% _____	90% _____	80% _____

Notes:

88		Minimalist AND Kettlebell AND Barbell					
Read:	Bible: 2 Samuel 4-8 _____ Finish The Trivium _____ OR	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
Listen:	Finish Intro to Grammar and Intro to Logic _____	<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
Consider:	What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____	<b>OR (Barbell Only)</b>					
		<b>General Cardio</b> Minutes _____					
		Notes:					

Additional Notes:

		Minimalist		Barbell		
89	<b>Read:</b> Bible: 2 Samuel 9-12 _____, Psalm 44 _____ Elementary Catechism on the US _____ <b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
			OR	50% _____	75% _____	100% _____
				100% _____	90% _____	80% _____
		<b>Kettlebell</b>	<b>Bench Press</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
		<b>Kettlebell Press</b> KB Weight _____		50% _____	75% _____	100% _____
			OR	100% _____	90% _____	80% _____
		Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
		<b>KB Squat</b> KB Weight _____		50% _____	75% _____	100% _____
		Set 1 Set 2 Set 3 Set 4 Set 5	OR	100% _____	90% _____	80% _____

Notes:

90	<b>Read:</b> Bible: 2 Samuel 13-15 _____ Elementary Catechism on the US _____ <b>Do:</b> - Purchase a pot (any size), organic potting soil, soil conditioner and plant food mix with minerals, a mycorrhizal seed inoculant, and a mixture of seeds such as beets, radishes, kale, swiss chard, basil. - Then mix the soil and the soil conditioner and mycorrhizal seed inoculant, fill the pot up with the soil mixture, mix the seeds up and toss them into the pot, then barely cover the seeds with soil. - Place the pot indoors where it will get regular sun. - Lightly water ensuring soil is moist throughout, but not soaking. Afterwards, you can use a spray bottle to water. - Watch your seeds grow. The initial leaf is the cotyledon. The next is your first true leaf. - When you have two true leaves you may cut the plant at its base and enjoy. - Repeat regularly to add a fresh supply of healthy microgreens to your diet.	<b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____ Track the sun in your location _____	Notes:
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91	<b>Read:</b> Bible: 2 Samuel 16-18 _____, Psalm 45 _____ Elementary Catechism on the US _____	<b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____ Which of your beliefs are holding you back?	<b>Notes:</b>
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**Additional Notes:**

		Minimalist		Barbell		
92	<b>Read:</b> Bible: 2 Samuel 19-21 _____ None Dare Call It Conspiracy _____ <b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		

Notes:

93	<b>Read:</b> Bible: 2 Samuel 22-24 _____, Psalm 46 _____ None Dare Call It Conspiracy _____ <b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio Minutes</b>  Notes:
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Additional Notes:

94		Minimalist		Barbell			
<b>Watch:</b> BP Overview: 1-2 Kings _____		<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)		<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
<b>Read:</b> Bible: 1 Kings 1-3 _____		Reps per minute _____		OR	50% _____	75% _____	100% _____
None Dare Call It Conspiracy _____		Minutes _____		OR	100% _____	90% _____	80% _____
<b>Consider:</b> What good shall I do today? _____		<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
Temperance _____		<b>Kettlebell Press</b> KB Weight _____		OR	50% _____	75% _____	100% _____
Your diet _____		Set 1 Set 2 Set 3 Set 4 Set 5		OR	100% _____	90% _____	80% _____
What good have I done today? _____		<b>KB Squat</b> KB Weight _____		<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
		Set 1 Set 2 Set 3 Set 4 Set 5		OR	50% _____	75% _____	100% _____
				OR	100% _____	90% _____	80% _____

Notes:

95		Minimalist AND Kettlebell AND Barbell					
<b>Read:</b> Bible: 1 Kings 4-7 _____, Psalm 47 _____		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
None Dare Call It Conspiracy _____		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
<b>Consider:</b> What good shall I do today? _____		<b>OR (Barbell Only)</b>					
Temperance _____		<b>General Cardio Minutes</b> _____					
Your diet _____		Notes:					
What good have I done today? _____							

Additional Notes:

		Minimalist		Barbell		
96	<b>Read:</b> Bible: 1 Kings 8-10 _____ None Dare Call It Conspiracy _____ <b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____

Notes:

97	<b>Read:</b> Bible: 1 Kings 11-13 _____, Psalm 48 _____ None Dare Call It Conspiracy _____	<b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____	Notes:
98	<b>Read:</b> Bible: 1 Kings 14-16 _____ None Dare Call It Conspiracy _____	<b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____ Which of your beliefs are incorrect and need to be discarded?	Notes:

Additional Notes:

		Minimalist		Barbell		
99	<b>Read:</b> Bible: 1 Kings 17-19 _____, Psalm 49 _____ None Dare Call It Conspiracy _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
	<b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today? _____	Reps per minute _____ Minutes _____	OR	50% _____	75% _____	100% _____
		<b>Kettlebell</b>	<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
		<b>Kettlebell Press</b> KB Weight _____	OR	50% _____	75% _____	100% _____
		Set 1 Set 2 Set 3 Set 4 Set 5	100% _____	90% _____	80% _____	
		<b>KB Squat</b> KB Weight _____	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
		Set 1 Set 2 Set 3 Set 4 Set 5	OR	50% _____	75% _____	100% _____
			100% _____	90% _____	80% _____	

Notes:

100	<b>Read:</b> Bible: 1 Kings 20-22 _____ None Dare Call It Conspiracy _____	<b>Minimalist AND Kettlebell AND Barbell</b>
	<b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today? _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____
		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____
		<b>OR (Barbell Only)</b>
		<b>General Cardio Minutes</b>
		Notes:

Additional Notes:

		Minimalist		Barbell		
101	<b>Read:</b> Bible: 2 Kings 1-3 _____, Psalm 50 _____ Finish None Dare Call It Conspiracy _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
	<b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today? _____	Reps per minute _____ Minutes _____	OR	50% _____	75% _____	100% _____
		<b>Kettlebell</b>	<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
		<b>Kettlebell Press</b> KB Weight _____	OR	50% _____	75% _____	100% _____
		Set 1 Set 2 Set 3 Set 4 Set 5	100% _____	90% _____	80% _____	
		<b>KB Squat</b> KB Weight _____	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
		Set 1 Set 2 Set 3 Set 4 Set 5	OR	50% _____	75% _____	100% _____
			100% _____	90% _____	80% _____	

Notes:

102	<b>Read:</b> Bible: 2 Kings 4-7 _____ The One Straw Revolution _____	<b>Minimalist AND Kettlebell AND Barbell</b>
	<b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today? _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____
		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____
		<b>OR (Barbell Only)</b>
		<b>General Cardio Minutes</b>
		Notes:

Additional Notes:

		Minimalist		Barbell		
103	<b>Read:</b> Bible: 2 Kings 8-11 _____, Psalm 51 _____ The One Straw Revolution _____ <b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
			OR	50% _____	75% _____	100% _____
				100% _____	90% _____	80% _____
		<b>Kettlebell</b>	<b>Bench Press</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
		<b>Kettlebell Press</b> KB Weight _____		50% _____	75% _____	100% _____
			OR	100% _____	90% _____	80% _____
		Set 1 Set 2 Set 3 Set 4 Set 5				
		<b>KB Squat</b> KB Weight _____	<b>Deadlift</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
				50% _____	75% _____	100% _____
		Set 1 Set 2 Set 3 Set 4 Set 5	OR	100% _____	90% _____	80% _____

Notes:

104	<b>Read:</b> Bible: 2 Kings 12-14 _____ The One Straw Revolution _____	<b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today? _____	Notes:
105	<b>Read:</b> Bible: 2 Kings 15-17 _____, Psalm 52 _____ The One Straw Revolution _____	<b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today? _____ What truths have you discovered?	Notes:

Additional Notes:

		Minimalist		Barbell		
106	<b>Read:</b> Bible: 2 Kings 18-19 _____ The One Straw Revolution _____ <b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		

Notes:

107	<b>Read:</b> Bible: 2 Kings 20-22 _____, Psalm 53 _____ The One Straw Revolution _____ <b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio Minutes</b>  Notes:
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Additional Notes:

		Minimalist		Barbell		
108	<b>Read:</b> Bible: 2 Kings 23-25 _____ The One Straw Revolution _____ <b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		

Notes:

109	<b>Watch:</b> BP How to <b>Read</b> the Bible: The Prophets _____ <b>Read:</b> Bible: Isaiah 1-4 _____, Psalm 54 _____ The One Straw Revolution _____ <b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio</b> Minutes _____  Notes:
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Additional Notes:

		Minimalist		Barbell		
110	<b>Watch:</b> BP Holiness _____ <b>Read:</b> Bible: Isaiah 5-8 _____ The One Straw Revolution _____ <b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____

Notes:

111	<b>Watch:</b> BP Intro to Spiritual Beings _____ <b>Read:</b> Bible: Isaiah 9-12 _____, Psalm 55 _____ The One Straw Revolution _____	<b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____	Notes:
112	<b>Watch:</b> BP Elohim _____ <b>Read:</b> Bible: Isaiah 13-17 _____ The One Straw Revolution _____	<b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____ What lies have you believed in?	Notes:

Additional Notes:

113		Minimalist		Barbell			
<b>Watch:</b> BP The Divine Council_____		<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)		<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
<b>Read:</b> Bible: Isaiah 18-22_____, Psalm 56_____		Reps per minute _____		OR	50% _____	75% _____	100% _____
The One Straw Revolution_____		Minutes _____		OR	100% _____	90% _____	80% _____
<b>Consider:</b> What good shall I do today?_____		<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
Resolution_____		<b>Kettlebell Press</b> KB Weight _____		OR	50% _____	75% _____	100% _____
Your diet_____		Set 1 Set 2 Set 3 Set 4 Set 5		OR	100% _____	90% _____	80% _____
What good have I done today?_____		<b>KB Squat</b> KB Weight _____		<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
		Set 1 Set 2 Set 3 Set 4 Set 5		OR	50% _____	75% _____	100% _____
				OR	100% _____	90% _____	80% _____

Notes:

114		Minimalist AND Kettlebell AND Barbell					
<b>Watch:</b> BP Angels and Cherubim_____		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
<b>Read:</b> Bible: Isaiah 23-27_____		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
Finish The One Straw Revolution_____		<b>OR (Barbell Only)</b>					
<b>Consider:</b> What good shall I do today?_____		<b>General Cardio</b> Minutes _____					
Resolution_____		Notes:					
Your diet_____							
What good have I done today?_____							

Additional Notes:

115		Minimalist		Barbell			
<b>Watch:</b> BP Angels of the Lord _____		<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)		<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
<b>Read:</b> Bible: Isaiah 28-30 _____, Psalm 57 _____ Pottenger's Prophecy _____		Reps per minute _____ Minutes _____		OR	50% _____	75% _____	100% _____
<b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today? _____		<b>Kettlebell</b>		<b>Bench Press</b>	100% _____	90% _____	80% _____
		<b>Kettlebell Press</b> KB Weight _____		OR	Set 1 Reps	Set 2 Reps	Set 3 Reps
		Set 1 Set 2 Set 3 Set 4 Set 5		OR	50% _____	75% _____	100% _____
		<b>KB Squat</b> KB Weight _____		<b>Deadlift</b>	100% _____	90% _____	80% _____
		Set 1 Set 2 Set 3 Set 4 Set 5		OR	Set 1 Reps	Set 2 Reps	Set 3 Reps
				OR	50% _____	75% _____	100% _____
				OR	100% _____	90% _____	80% _____

Notes:

116		Minimalist AND Kettlebell AND Barbell					
<b>Watch:</b> BP The Satan and Demons _____		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
<b>Read:</b> Bible: Isaiah 31-35 _____ Pottenger's Prophecy _____		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
<b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today? _____		<b>OR (Barbell Only)</b>					
		<b>General Cardio Minutes</b>					
		Notes:					

Additional Notes:

		Minimalist		Barbell		
117	<b>Watch:</b> BP The New Humanity _____ <b>Read:</b> Bible: Isaiah 36-38 _____, Psalm 58 _____ Pottenger's Prophecy _____ <b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____

Notes:

118	<b>Watch:</b> BP Overview: Isaiah Ch. 1-39 _____ <b>Read:</b> Bible: Isaiah 39-41 _____ Pottenger's Prophecy _____	<b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today? _____	Notes:
119	<b>Read:</b> Bible: Isaiah 42-44, Psalm 59 _____ Pottenger's Prophecy _____	<b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today? _____ Given the time and effort you can accomplish anything, what is holding you back?	Notes:

Additional Notes:

		Minimalist		Barbell		
120	<b>Read:</b> Bible: Isaiah 45-48 _____ Pottenger's Prophecy _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
	<b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today? _____	Reps per minute _____ Minutes _____	OR	50% _____	75% _____	100% _____
		<b>Kettlebell</b>	<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
		<b>Kettlebell Press</b> KB Weight _____	OR	50% _____	75% _____	100% _____
		Set 1 Set 2 Set 3 Set 4 Set 5	100% _____	90% _____	80% _____	
		<b>KB Squat</b> KB Weight _____	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
		Set 1 Set 2 Set 3 Set 4 Set 5	OR	50% _____	75% _____	100% _____
				100% _____	90% _____	80% _____

Notes:

121	<b>Watch:</b> BP Compassion _____ <b>Read:</b> Bible: Isaiah 49-51 _____, Psalm 60 _____ Pottenger's Prophecy _____ <b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>
		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____
		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____
		<b>OR (Barbell Only)</b>
		<b>General Cardio Minutes</b>
		Notes:

Additional Notes:

		Minimalist		Barbell		
122	<b>Watch:</b> BP Gospel of the Kingdom_____	<b>KB Swings</b> KB	KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps
	<b>Read:</b> Bible: Isaiah 52-54_____	Reps per minute _____		50% _____	75% _____	100% _____
	Pottenger's Prophecy_____	Minutes	<b>OR</b>	100% _____	90% _____	80% _____
	<b>Consider:</b> What good shall I do today?_____	<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps	Set 2 Reps
	Frugality_____	<b>Kettlebell Press</b>	KB Weight _____	50% _____	75% _____	100% _____
	Your diet_____	Set 1	Set 2	Set 3	Set 4	Set 5
	What good have I done today?_____	<b>KB Squat</b>	KB Weight _____	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps
		Set 1	Set 2	Set 3	Set 4	Set 5

Notes:

		Minimalist AND Kettlebell AND Barbell				
123	<b>Read:</b> Bible: Isaiah 55-57_____, Psalm 61_____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____				
	Pottenger's Prophecy_____	<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____				
	<b>Consider:</b> What good shall I do today?_____	<b>OR (Barbell Only)</b>				
	Frugality_____	<b>General Cardio Minutes</b>				
	Your diet_____	<b>Notes:</b>				

Additional Notes:

		Minimalist		Barbell		
124	<b>Read:</b> Bible: Isaiah 58-60 _____ Pottenger's Prophecy _____ <b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____

Notes:

125	<b>Read:</b> Bible: Isaiah 61-64 _____, Psalm 62 _____ Pottenger's Prophecy _____	<b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today? _____	Notes:
126	<b>Watch:</b> BP Overview: Isaiah Ch. 40-66 _____ <b>Read:</b> Bible: Isaiah 65-66 _____ Pottenger's Prophecy _____	<b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today? _____ What have you learned that conflicts with your beliefs?	Notes:

Additional Notes:

127		Minimalist		Barbell			
<b>Watch:</b> BP Overview: Hosea _____		<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)				<b>Squat</b>	Set 1 Reps _____
<b>Read:</b> Bible: Hosea 1-5 _____, Psalm 63 _____		Reps per minute _____				OR	50% _____
Pottenger's Prophecy _____		Minutes _____				OR	75% _____
<b>Consider:</b> What good shall I do today? _____		<b>Kettlebell</b>				<b>Bench Press</b>	100% _____
Industry _____		<b>Kettlebell Press</b> KB Weight _____				OR	Set 2 Reps _____
Your diet _____		Set 1 _____ Set 2 _____ Set 3 _____ Set 4 _____ Set 5 _____				<b>Deadlift</b>	Set 3 Reps _____
What good have I done today? _____		<b>KB Squat</b> KB Weight _____				OR	50% _____
		Set 1 _____ Set 2 _____ Set 3 _____ Set 4 _____ Set 5 _____				OR	75% _____
						OR	100% _____
						OR	90% _____
						OR	80% _____

Notes:

128		Minimalist AND Kettlebell AND Barbell					
<b>Read:</b> Bible: Hosea 6-10 _____		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
Pottenger's Prophecy _____		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
<b>Consider:</b> What good shall I do today? _____		<b>OR (Barbell Only)</b>					
Industry _____		<b>General Cardio Minutes</b> _____					
Your diet _____		Notes:					
What good have I done today? _____							

Additional Notes:

		Minimalist		Barbell		
129	<b>Read:</b> Bible: Hosea 11-14 ___, Psalm 64 ___ Pottenger's Prophecy ___	<b>KB Swings</b> KB Weight ___ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
	<b>Consider:</b> What good shall I do today? ___ Industry ___ Your diet ___ What good have I done today? ___	Reps per minute ___ Minutes ___	OR	50% ___	75% ___	100% ___
		<b>Kettlebell</b>	<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
		<b>Kettlebell Press</b> KB Weight ___	OR	50% ___	75% ___	100% ___
		Set 1 Set 2 Set 3 Set 4 Set 5	100% ___	90% ___	80% ___	
		<b>KB Squat</b> KB Weight ___	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
		Set 1 Set 2 Set 3 Set 4 Set 5	OR	50% ___	75% ___	100% ___
			100% ___	90% ___	80% ___	

Notes:

130	<b>Watch:</b> BP Overview: Joel ___ <b>Read:</b> Bible: Joel 1-3 ___ Pottenger's Prophecy ___ <b>Consider:</b> What good shall I do today? ___ Industry ___ Your diet ___ What good have I done today? ___	<b>Minimalist AND Kettlebell AND Barbell</b>
		<b>KB Getups</b> (up to 10 minutes) KB Weight ___ Reps Left ___ Reps Right ___
		<b>KB Swings</b> (up to 10 minutes) KB Weight ___ Reps Per minute ___ Minutes ___
		<b>OR (Barbell Only)</b>
		<b>General Cardio Minutes</b>
		Notes:

Additional Notes:

		Minimalist		Barbell		
131	<b>Watch:</b> BP Overview: Amos _____ <b>Read:</b> Bible: Amos 1-5 _____, Psalm 65 _____ Pottenger's Prophecy _____ <b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____		<b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____  OR 100% _____ 90% _____ 80% _____		
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5		<b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____  OR 100% _____ 90% _____ 80% _____		
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5		<b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____  OR 100% _____ 90% _____ 80% _____		

Notes:

132	<b>Read:</b> Bible: Amos 6-9 _____ Pottenger's Prophecy _____	<b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____	Notes:
133	<b>Watch:</b> BP Overview: Obadiah _____ <b>Read:</b> Bible: Obadiah 1 _____, Psalm 66 _____ Pottenger's Prophecy _____	<b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____ Which of your beliefs are holding you back?	Notes:

Additional Notes:

		Minimalist		Barbell		
134	<b>Watch:</b> BP Overview: Jonah _____ <b>Read:</b> Bible: Jonah 1-4 _____, Psalm _____ Finish Pottenger's Prophecy _____ <b>Consider:</b> What good shall I do today? _____ Sincerity _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____	<b>Bench Press</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		Set 1 Set 2 Set 3 Set 4 Set 5				
		<b>KB Squat</b> KB Weight _____	<b>Deadlift</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		Set 1 Set 2 Set 3 Set 4 Set 5				

Notes:

135	<b>Watch:</b> BP Overview: Micah _____ <b>Read:</b> Bible: Micah 1-4 _____, Psalm 67 _____ Starting Strength _____ <b>Consider:</b> What good shall I do today? _____ Sincerity _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio Minutes</b>  Notes:
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Additional Notes:

136		Minimalist		Barbell			
Bible: Micah 5-7 _____		<b>KB Swings</b> KB _____	KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
Starting Strength _____		Reps per minute _____	Minutes _____	OR	50% _____	75% _____	100% _____
<b>Consider:</b>		Minutes _____		OR	100% _____	90% _____	80% _____
What good shall I do today? _____				<b>Bench Press</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
Sincerity _____				OR	50% _____	75% _____	100% _____
Your diet _____				OR	100% _____	90% _____	80% _____
What good have I done today? _____				<b>Deadlift</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
				OR	50% _____	75% _____	100% _____
				OR	100% _____	90% _____	80% _____
		Set 1 _____	Set 2 _____	Set 3 _____	Set 4 _____	Set 5 _____	
		Set 1 _____	Set 2 _____	Set 3 _____	Set 4 _____	Set 5 _____	

Notes:

137		Minimalist AND Kettlebell AND Barbell					
Watch:		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
BP Overview: Nahum _____		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
<b>Read:</b>		<b>OR (Barbell Only)</b>					
Bible: Nahum 1-3 _____, Psalm 68 _____		<b>General Cardio Minutes</b>					
Starting Strength _____		Notes:					
<b>Consider:</b>							
What good shall I do today? _____							
Sincerity _____							
Your diet _____							
What good have I done today? _____							

Additional Notes:

		Minimalist		Barbell		
138	<b>Watch:</b> BP Overview: Habakkuk _____ <b>Read:</b> Bible: Habakkuk 1-3 _____ Starting Strength _____ <b>Consider:</b> What good shall I do today? _____ Sincerity _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b>  OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b>  OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b>  OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____

Notes:

139	<b>Watch:</b> BP Overview: Zephaniah _____ <b>Read:</b> Bible: Zephaniah 1-3 _____, Psalm 69 _____ Starting Strength _____	<b>Consider:</b> What good shall I do today? _____ Sincerity _____ Your diet _____ What good have I done today? _____	Notes:
140	<b>Watch:</b> BP The Book of Job _____ <b>Read:</b> Bible: Job 1-3 _____ Starting Strength _____	<b>Consider:</b> What good shall I do today? _____ Sincerity _____ Your diet _____ What good have I done today? _____ Which of your beliefs are incorrect and need to be discarded?	Notes:

Additional Notes:

141		Minimalist		Barbell			
<b>Read:</b> Bible: Job 4-7 _____, Psalm 70 _____ Starting Strength _____		<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____				<b>Squat</b>	Set 1 Reps _____
<b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____						OR	50% _____
							75% _____
							100% _____
						<b>Bench Press</b>	Set 1 Reps _____
						OR	50% _____
							75% _____
							100% _____
						<b>Deadlift</b>	Set 1 Reps _____
						OR	50% _____
							75% _____
							100% _____
						<b>KB Squat</b>	Set 1 Reps _____
						OR	50% _____
							90% _____
							80% _____
						<b>KB Weight</b> _____	
						Set 1 _____	Set 2 _____
						Set 3 _____	Set 4 _____
						Set 5 _____	
						<b>Set 1</b> _____	<b>Set 2</b> _____
						<b>Set 3</b> _____	<b>Set 4</b> _____
						<b>Set 5</b> _____	

Notes:

142		Minimalist AND Kettlebell AND Barbell					
<b>Read:</b> Bible: Job 8-11 _____ Starting Strength _____		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
<b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
		<b>OR (Barbell Only)</b>					
		<b>General Cardio Minutes</b> _____					
		<b>Notes:</b> _____					

Additional Notes:

		Minimalist		Barbell		
143	<b>Read:</b> Bible: Job 12-15 ___, Psalm 71 ___ Starting Strength ___	<b>KB Swings</b> KB Weight ___ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
	<b>Consider:</b> What good shall I do today? ___ Justice ___ Your diet ___ What good have I done today? ___	Reps per minute ___ Minutes ___	OR	50% ___	75% ___	100% ___
		<b>Kettlebell</b>	<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
		<b>Kettlebell Press</b> KB Weight ___	OR	50% ___	75% ___	100% ___
		Set 1 Set 2 Set 3 Set 4 Set 5	100% ___	90% ___	80% ___	
		<b>KB Squat</b> KB Weight ___	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
		Set 1 Set 2 Set 3 Set 4 Set 5	OR	50% ___	75% ___	100% ___
			100% ___	90% ___	80% ___	

Notes:

		Minimalist AND Kettlebell AND Barbell				
144	<b>Read:</b> Bible: Job 16-19 ___ Starting Strength ___	<b>KB Getups</b> (up to 10 minutes) KB Weight ___ Reps Left ___ Reps Right ___				
	<b>Consider:</b> What good shall I do today? ___ Justice ___ Your diet ___ What good have I done today? ___	<b>KB Swings</b> (up to 10 minutes) KB Weight ___ Reps Per minute ___ Minutes ___				
		<b>OR (Barbell Only)</b>				
		<b>General Cardio Minutes</b>				
		<b>Notes:</b>				

Additional Notes:

<b>145</b> <b>Read:</b> Bible: Job 20-23 ___, Psalm 72 ___. Starting Strength _____ <b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____		<b>Minimalist</b> <b>KB Swings</b> KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____		<b>Barbell</b> <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5		<b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5		<b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	

**Notes:**

<b>146</b> <b>Read:</b> Bible: Job 24-28 ___. Starting Strength _____	<b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____	<b>Notes:</b>
<b>147</b> <b>Read:</b> Bible: Job 29-31 ___, Psalm 73 ___. Starting Strength _____	<b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____ What truths have you discovered?	<b>Notes:</b>

**Additional Notes:**

148		Minimalist		Barbell			
<b>Read:</b> Bible: Job 32-34 _____ Starting Strength _____		<b>KB Swings</b> KB Weight _____ (up to 20 minutes)				<b>Squat</b> Set 1 Reps _____	Set 2 Reps _____
<b>Consider:</b> What good shall I do today? _____ Moderation _____		Reps per minute _____ Minutes _____				50% _____	75% _____
Your diet _____ What good have I done today? _____						100% _____	100% _____
						OR 100% _____	90% _____
						80% _____	80% _____
		<b>Kettlebell</b>				<b>Bench Press</b> Set 1 Reps _____	Set 2 Reps _____
		<b>Kettlebell Press</b> KB Weight _____				50% _____	75% _____
		Set 1 Set 2 Set 3 Set 4 Set 5				100% _____	100% _____
		<b>KB Squat</b> KB Weight _____				50% _____	75% _____
		Set 1 Set 2 Set 3 Set 4 Set 5				100% _____	100% _____
						OR 100% _____	90% _____
						80% _____	80% _____

Notes:

149		Minimalist AND Kettlebell AND Barbell					
<b>Read:</b> Bible: Job 35-37 _____, Psalm 74 _____ Starting Strength _____		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
<b>Consider:</b> What good shall I do today? _____ Moderation _____		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
Your diet _____ What good have I done today? _____		<b>OR (Barbell Only)</b>					
		<b>General Cardio Minutes</b>					
		<b>Notes:</b>					

Additional Notes:

		Minimalist		Barbell		
150	<b>Read:</b> Bible: Job 38-39 _____ Starting Strength _____	<b>KB Swings</b> KB _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
	<b>Consider:</b> What good shall I do today? _____ Moderation _____ Your diet _____ What good have I done today? _____		OR	50% _____	75% _____	100% _____
				100% _____	90% _____	80% _____
		<b>Kettlebell</b>	<b>Bench Press</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
		<b>Kettlebell Press</b> KB Weight _____		50% _____	75% _____	100% _____
		Set 1 Set 2 Set 3 Set 4 Set 5	OR	100% _____	90% _____	80% _____
		<b>KB Squat</b> KB Weight _____	<b>Deadlift</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
		Set 1 Set 2 Set 3 Set 4 Set 5	OR	50% _____	75% _____	100% _____
				100% _____	90% _____	80% _____

Notes:

151	<b>Watch:</b> BP Overview: Job _____ <b>Read:</b> Bible: Job 40-42 _____, Psalm 75 _____ Starting Strength _____ <b>Consider:</b> What good shall I do today? _____ Moderation _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio Minutes</b>  Notes:
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Additional Notes:

		Minimalist		Barbell	
152	<b>Read:</b> Bible: Psalms 1-2 _____ Starting Strength _____ <b>Consider:</b> What good shall I do today? _____ Moderation _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____
					Set 3 Reps _____ 80% _____

Notes:

153	<b>Watch:</b> BP How to <b>Read</b> the Bible: The Books of Solomon _____  <b>Read:</b> Bible: Proverbs 1-3 _____, Psalm 76 _____ Starting Strength _____	<b>Consider:</b> What good shall I do today? _____ Moderation _____ Your diet _____ What good have I done today? _____	Notes:
154	<b>Watch:</b> BP The Book of Proverbs _____  <b>Read:</b> Bible: Proverbs 4-6 _____ Starting Strength _____	<b>Consider:</b> What good shall I do today? _____ Moderation _____ Your diet _____ What good have I done today? _____ What lies have you believed in?	Notes:

Additional Notes:

		Minimalist		Barbell		
155	<b>Watch:</b> BP Overview: Psalms _____	<b>KB Swings</b> KB _____ (up to 20 minutes)	KB Weight _____ Reps per minute _____ Minutes _____	<b>Squat</b>	Set 1 Reps _____ 50% _____	Set 2 Reps _____ 75% _____
	<b>Read:</b> Bible: Proverbs 7-9 _____, Psalm 77 _____ Starting Strength _____			OR	100% _____ 80% _____	Set 3 Reps _____ 100% _____
	<b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____	<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5		<b>Bench Press</b>	Set 1 Reps _____ 50% _____	Set 2 Reps _____ 75% _____
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5		OR	100% _____ 80% _____	Set 3 Reps _____ 100% _____
				<b>Deadlift</b>	Set 1 Reps _____ 50% _____	Set 2 Reps _____ 75% _____
				OR	100% _____ 80% _____	Set 3 Reps _____ 100% _____

Notes:

156	<b>Watch:</b> BP How to Read the Bible: Psalms _____	<b>Minimalist AND Kettlebell AND Barbell</b>				
	<b>Read:</b> Bible: Proverbs 10-12 _____ Finish Starting Strength _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____				
	<b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____				
		<b>OR (Barbell Only)</b>				
		<b>General Cardio Minutes</b>				
		<b>Notes:</b>				

Additional Notes:

		Minimalist		Barbell		
157	<b>Watch:</b> BP How to Read the Bible: Poetry _____ <b>Read:</b> Bible: Proverbs 13-15 _____, Psalm 78 _____ Economics in One Lesson _____ <b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____

Notes:

		<b>Minimalist AND Kettlebell AND Barbell</b>
158	<b>Watch:</b> BP How to Read the Bible: Metaphor in Biblical Poetry _____ <b>Read:</b> Bible: Proverbs 16-18 _____ Economics in One Lesson _____ <b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____ <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____ <b>OR (Barbell Only)</b> <b>General Cardio</b> Minutes _____
		Notes:

Additional Notes:

		Minimalist		Barbell						
159	<b>Read:</b> Bible: Proverbs 19-21 ___, Psalm 79 ___ Economics in One Lesson ___ <b>Consider:</b> What good shall I do today? ___ Cleanliness ___ Your diet ___ What good have I done today? ___	<b>KB Swings</b> KB	KB Weight ___ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps			
			Reps per minute ___	OR	50% ___	75% ___	100% ___			
			Minutes		100% ___	90% ___	80% ___			
		<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps			
		<b>Kettlebell Press</b>	KB Weight ___	OR	50% ___	75% ___	100% ___			
		Set 1	Set 2	Set 3	Set 4	Set 5	OR	100% ___	90% ___	80% ___
		<b>KB Squat</b>	KB Weight ___	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps			
		Set 1	Set 2	Set 3	Set 4	Set 5	OR	50% ___	75% ___	100% ___
					100% ___	90% ___	80% ___			

Notes:

160	<b>Read:</b> Bible: Proverbs 22-24 ___ Economics in One Lesson ___	<b>Consider:</b> What good shall I do today? ___ Cleanliness ___ Your diet ___ What good have I done today? ___	Notes:
161	<b>Read:</b> Bible: Proverbs 25-27 ___, Psalm 80 ___ Economics in One Lesson ___	<b>Consider:</b> What good shall I do today? ___ Cleanliness ___ Your diet ___ What good have I done today? ___ Given the time and effort you can accomplish anything, what is holding you back?	Notes:

Additional Notes:

		Minimalist		Barbell		
162	<b>Watch:</b> BP Overview: Proverbs _____	<b>KB Swings</b> KB _____ (up to 20 minutes)	<b>Squat</b> Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____	
	<b>Read:</b> Bible: Proverbs 28-31 _____	Reps per minute _____	OR 100% _____	75% _____	100% _____	
	Economics in One Lesson _____	Minutes _____	OR 100% _____	90% _____	80% _____	
	<b>Consider:</b> What good shall I do today? _____	<b>Kettlebell</b>	<b>Bench Press</b> Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____	
	Tranquility _____	<b>Kettlebell Press</b> KB Weight _____	50% _____	75% _____	100% _____	
	Your diet _____	Set 1 Set 2 Set 3 Set 4 Set 5	OR 100% _____	90% _____	80% _____	
	What good have I done today? _____	<b>KB Squat</b> KB Weight _____	<b>Deadlift</b> Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____	
		Set 1 Set 2 Set 3 Set 4 Set 5	50% _____	75% _____	100% _____	
			OR 100% _____	90% _____	80% _____	

Notes:

		Minimalist AND Kettlebell AND Barbell				
163	<b>Watch:</b> BP The Book of Ecclesiastes _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____				
	<b>Read:</b> Bible: Ecclesiastes 1-4 _____, Psalm 81 _____	<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____				
	Economics in One Lesson _____	<b>OR (Barbell Only)</b>				
	<b>Consider:</b> What good shall I do today? _____	<b>General Cardio</b> Minutes _____				
	Tranquility _____	Notes:				
	Your diet _____					
	What good have I done today? _____					

Additional Notes:

		Minimalist		Barbell		
164	<b>Read:</b> Bible: Ecclesiastes 5-8 _____ Economics in One Lesson _____	<b>KB Swings</b> KB _____ (up to 20 minutes) KB Weight _____ Reps per minute _____ Minutes _____	<b>Squat</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
	<b>Consider:</b> What good shall I do today? _____ Tranquility _____ Your diet _____ What good have I done today? _____		OR	50% _____	75% _____	100% _____
				100% _____	90% _____	80% _____
		<b>Kettlebell</b>	<b>Bench Press</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
		<b>Kettlebell Press</b> KB Weight _____		50% _____	75% _____	100% _____
			OR	100% _____	90% _____	80% _____
		Set 1 Set 2 Set 3 Set 4 Set 5				
		<b>KB Squat</b> KB Weight _____	<b>Deadlift</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
				50% _____	75% _____	100% _____
		Set 1 Set 2 Set 3 Set 4 Set 5	OR	100% _____	90% _____	80% _____

Notes:

		<b>Minimalist AND Kettlebell AND Barbell</b>
165	<b>Watch:</b> BP The Book of Ecclesiastes _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____
	<b>Read:</b> Bible: Ecclesiastes 9-12 _____, Psalm 82 _____	<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____
	Economics in One Lesson _____	<b>OR (Barbell Only)</b>
	<b>Consider:</b> What good shall I do today? _____ Tranquility _____ Your diet _____ What good have I done today? _____	<b>General Cardio Minutes</b>
		Notes:

Additional Notes:

		Minimalist		Barbell		
166	<b>Read:</b> Bible: Song of Songs 1-4 _____ Economics in One Lesson _____ <b>Consider:</b> What good shall I do today? _____ Tranquility _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____

Notes:

167	<b>Watch:</b> BP Overview: Song of Songs _____ <b>Read:</b> Bible: Song of Songs 5-8 _____, Psalm 83 _____ Economics in One Lesson _____	<b>Consider:</b> What good shall I do today? _____ Tranquility _____ Your diet _____ What good have I done today? _____	Notes:
168	<b>Watch:</b> BP Overview: Jeremiah _____ <b>Read:</b> Bible: Jeremiah 1-3 _____ Economics in One Lesson _____	<b>Consider:</b> What good shall I do today? _____ Tranquility _____ Your diet _____ What good have I done today? _____ What have you learned that conflicts with your beliefs?	Notes:

Additional Notes:

		Minimalist		Barbell							
169	<b>Read:</b> Bible: Jeremiah 4-6 ___, Psalm 84 ____ Economics in One Lesson ____	<b>KB Swings</b> KB	KB Weight ____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps				
	<b>Consider:</b> What good shall I do today? ____ Chastity ____ Your diet ____ What good have I done today? ____	Reps per minute ____	Minutes	OR	50% ____	75% ____	100% ____				
		<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps				
		<b>Kettlebell Press</b>	KB Weight ____	OR	50% ____	75% ____	100% ____				
		Set 1	Set 2	Set 3	Set 4	Set 5	Set 1	Set 2	Set 3	Set 4	Set 5
		<b>KB Squat</b>	KB Weight ____	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps				
		Set 1	Set 2	Set 3	Set 4	Set 5	50% ____	75% ____	100% ____		
				OR	100% ____	90% ____	80% ____				

Notes:

		Minimalist AND Kettlebell AND Barbell					
170	<b>Read:</b> Bible: Jeremiah 7-9 ____ Economics in One Lesson ____	<b>KB Getups</b> (up to 10 minutes) KB Weight ____ Reps Left ____ Reps Right ____					
	<b>Consider:</b> What good shall I do today? ____ Chastity ____ Your diet ____ What good have I done today? ____	<b>KB Swings</b> (up to 10 minutes) KB Weight ____ Reps Per minute ____ Minutes ____					
		<b>OR (Barbell Only)</b>					
		<b>General Cardio Minutes</b>					
		<b>Notes:</b>					

Additional Notes:

		Minimalist		Barbell						
171	<b>Read:</b> Bible: Jeremiah 10-13____, Psalm 85____ 5000 Year Leap____	<b>KB Swings</b> KB	KB Weight____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps			
	<b>Consider:</b> What good shall I do today?____ Chastity____ Your diet____ What good have I done today?____	Reps per minute____	Minutes	OR	50%____	75%____	100%____			
		<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps			
		<b>Kettlebell Press</b>	KB Weight____	OR	50%____	75%____	100%____			
		Set 1	Set 2	Set 3	Set 4	Set 5	OR	100%____	90%____	80%____
		<b>KB Squat</b>	KB Weight____	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps			
		Set 1	Set 2	Set 3	Set 4	Set 5	OR	50%____	75%____	100%____
					100%____	90%____	80%____			

Notes:

172	<b>Read:</b> Bible: Jeremiah 14-17____ 5000 Year Leap____	<b>Minimalist AND Kettlebell AND Barbell</b>				
	<b>Consider:</b> What good shall I do today?____ Chastity____ Your diet____ What good have I done today?____	<b>KB Getups</b> (up to 10 minutes) KB Weight____ Reps Left____ Reps Right____				
		<b>KB Swings</b> (up to 10 minutes) KB Weight____ Reps Per minute____ Minutes____				
		<b>OR (Barbell Only)</b>				
		<b>General Cardio Minutes</b>				
		Notes:				

Additional Notes:

<b>173</b> <b>Read:</b> Bible: Jeremiah 18-22 _____, Psalm 86 _____ 5000 Year Leap _____ <b>Consider:</b> What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____		<b>Minimalist</b> <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Barbell</b> <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____

**Notes:**

<b>174</b> <b>Read:</b> Bible: Jeremiah 23-25 _____ 5000 Year Leap _____	<b>Consider:</b> What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____	<b>Notes:</b>
<b>175</b> <b>Read:</b> Bible: Jeremiah 26-29 _____, Psalm 87 _____ 5000 Year Leap _____	<b>Consider:</b> What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____ Which of your beliefs are holding you back?	<b>Notes:</b>

**Additional Notes:**

176		Minimalist		Barbell			
<b>Read:</b> Bible: Jeremiah 30-32 _____ 5000 Year Leap _____		<b>KB Swings</b> KB Weight _____ (up to 20 minutes)		<b>Squat</b> Set 1 Reps _____		Set 2 Reps _____	
<b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____		Reps per minute _____ Minutes _____		50% _____		75% _____	
		<b>Kettlebell</b>		OR 100% _____		100% _____	
		<b>Kettlebell Press</b> KB Weight _____		<b>Bench Press</b> Set 1 Reps _____		Set 2 Reps _____	
		Set 1 Set 2 Set 3 Set 4 Set 5		50% _____		75% _____	
		<b>KB Squat</b> KB Weight _____		OR 100% _____		100% _____	
		Set 1 Set 2 Set 3 Set 4 Set 5		<b>Deadlift</b> Set 1 Reps _____		Set 2 Reps _____	
		50% _____		50% _____		75% _____	
		OR 100% _____		100% _____		100% _____	
		Set 1 Set 2 Set 3 Set 4 Set 5		90% _____		80% _____	

Notes:

177		Minimalist AND Kettlebell AND Barbell					
<b>Read:</b> Bible: Jeremiah 33-36 _____, Psalm 88 _____ 5000 Year Leap _____		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
<b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
		<b>OR (Barbell Only)</b>					
		<b>General Cardio Minutes</b>					
		<b>Notes:</b>					

Additional Notes:

		Minimalist		Barbell		
178	<b>Read:</b> Bible: Jeremiah 37-39 _____ 5000 Year Leap _____ <b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		

Notes:

179	<b>Read:</b> Bible: Jeremiah 40-44 _____, Psalm 89 _____ 5000 Year Leap _____ <b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio Minutes</b>  Notes:
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Additional Notes:

<b>180</b> <b>Read:</b> Bible: Jeremiah 45-48 _____ 5000 Year Leap _____ <b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____ Track the sun in your location _____		<b>Minimalist</b> <b>KB Swings</b> KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____		<b>Barbell</b> <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____		<b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	
		Set 1 Set 2 Set 3 Set 4 Set 5		<b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	
		<b>KB Squat</b> KB Weight _____			
		Set 1 Set 2 Set 3 Set 4 Set 5			

**Notes:**

<b>181</b> <b>Read:</b> Bible: Jeremiah 49-50 _____, Psalm 90 _____ 5000 Year Leap _____	<b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____	<b>Notes:</b>
<b>182</b> <b>Read:</b> Bible: Jeremiah 51-52 _____ 5000 Year Leap _____	<b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____ Which of your beliefs are incorrect and need to be discarded?	<b>Notes:</b>

**Additional Notes:**

183		Minimalist		Barbell			
<b>Watch:</b> BP Overview: Lamentations _____		<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)		<b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____		50% _____ 75% _____ 100% _____	
<b>Read:</b> Bible: Lamentations 1-2 _____, Psalm 91 _____ 5000 Year Leap _____		Reps per minute _____ Minutes _____		<b>OR</b> 100% _____ 90% _____ 80% _____		100% _____ 90% _____ 80% _____	
<b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____		<b>Kettlebell</b>		<b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____		50% _____ 75% _____ 100% _____	
		<b>Kettlebell Press</b> KB Weight _____		<b>OR</b> 100% _____ 90% _____ 80% _____		100% _____ 90% _____ 80% _____	
		Set 1 Set 2 Set 3 Set 4 Set 5		<b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____		50% _____ 75% _____ 100% _____	
		<b>KB Squat</b> KB Weight _____		<b>OR</b> 100% _____ 90% _____ 80% _____		100% _____ 90% _____ 80% _____	
		Set 1 Set 2 Set 3 Set 4 Set 5					

Notes:

184		Minimalist AND Kettlebell AND Barbell					
<b>Read:</b> Bible: Lamentations 3 _____ 5000 Year Leap _____		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
<b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
		<b>OR (Barbell Only)</b>					
		<b>General Cardio Minutes</b>					
		<b>Notes:</b>					

Additional Notes:

		Minimalist		Barbell		
185	<b>Read:</b> Bible: Lamentations 4-5 _____, Psalm 92 _____ 5000 Year Leap _____	<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
	<b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____	Reps per minute _____ Minutes _____	OR	50% _____	75% _____	100% _____
		<b>Kettlebell</b>	<b>Bench Press</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
		<b>Kettlebell Press</b> KB Weight _____	OR	50% _____	75% _____	100% _____
		Set 1 Set 2 Set 3 Set 4 Set 5	100% _____	90% _____	80% _____	
		<b>KB Squat</b> KB Weight _____	<b>Deadlift</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
		Set 1 Set 2 Set 3 Set 4 Set 5	OR	50% _____	75% _____	100% _____
				100% _____	90% _____	80% _____

Notes:

186	<b>Watch:</b> BP Overview: Ezekiel Ch. 1-33 _____	<b>Minimalist AND Kettlebell AND Barbell</b>
	<b>Read:</b> Bible: Ezekiel 1-4 _____ 5000 Year Leap _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____
	<b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____
		<b>OR (Barbell Only)</b>
		<b>General Cardio Minutes</b>
		Notes:

Additional Notes:

		Minimalist		Barbell		
187	<b>Watch:</b> BP Bad Word Studies: Sin _____ <b>Read:</b> Bible: Ezekiel 5-8 _____, Psalm 93 _____ Finish 5000 Year Leap _____ <b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____

Notes:

188	<b>Watch:</b> BP Bad Word Studies: Transgression _____ <b>Read:</b> Bible: Ezekiel 9-12 _____ War is a Racket _____	<b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____	Notes:
189	<b>Watch:</b> BP Bad Word Studies: Iniquity _____ <b>Read:</b> Bible: Ezekiel 13-15 _____, Psalm 94 _____ War is a Racket _____	<b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____ What lies have you believed in?	Notes:

Additional Notes:

190		Minimalist		Barbell			
Bible: Ezekiel 16-18	_____	<b>KB Swings</b>	KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
War is a Racket	_____	Reps per minute _____	Minutes	OR	100% _____	90% _____	80% _____
<b>Consider:</b>		<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
What good shall I do today?	_____	<b>Kettlebell Press</b>	KB Weight _____	OR	100% _____	90% _____	80% _____
Silence	_____	Set 1	Set 2	Set 3	Set 4	Set 5	
Your diet	_____	<b>KB Squat</b>	KB Weight _____	<b>Deadlift</b>	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
What good have I done today?	_____	Set 1	Set 2	Set 3	Set 4	Set 5	OR

Notes:

191		Minimalist AND Kettlebell AND Barbell					
Bible: Ezekiel 19-21	_____, Psalm 95	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
Crimes of the Educators	_____	<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
<b>Consider:</b>		<b>OR (Barbell Only)</b>					
What good shall I do today?	_____	<b>General Cardio</b> Minutes _____					
Silence	_____	Notes:					
Your diet	_____						
What good have I done today?	_____						

Additional Notes:

		Minimalist		Barbell		
192	<b>Read:</b> Bible: Ezekiel 22-24 _____ Crimes of the Educators _____ <b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____

Notes:

193	<b>Read:</b> Bible: Ezekiel 25-27 _____, Psalm 96 _____ Crimes of the Educators _____ <b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio Minutes</b>  Notes:
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Additional Notes:

<b>194</b> <b>Read:</b> Bible: Ezekiel 28-30 _____ Crimes of the Educators _____ <b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today? _____		<b>Minimalist</b> <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____		<b>Barbell</b> <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____		<b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	
		Set 1 Set 2 Set 3 Set 4 Set 5		<b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	
		<b>KB Squat</b> KB Weight _____			
		Set 1 Set 2 Set 3 Set 4 Set 5			

**Notes:**

<b>195</b> <b>Read:</b> Bible: Ezekiel 31-33 _____, Psalm 97 _____ Crimes of the Educators _____	<b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today? _____	<b>Notes:</b>
<b>196</b> <b>Watch:</b> BP Overview: Ezekiel Ch. 34-48 _____ <b>Read:</b> Bible: Ezekiel 34-36 _____ Crimes of the Educators _____	<b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today? _____ Given the time and effort you can accomplish anything, what is holding you back?	<b>Notes:</b>

**Additional Notes:**

		Minimalist		Barbell		
197	<b>Read:</b> Ezekiel 37-39 _____, Psalm 98 _____ Crimes of the Educators _____	<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
	<b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____	Reps per minute _____ Minutes _____	OR	50% _____	75% _____	100% _____
		<b>Kettlebell</b>	<b>Bench Press</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
		<b>Kettlebell Press</b> KB Weight _____	OR	50% _____	75% _____	100% _____
		Set 1 Set 2 Set 3 Set 4 Set 5	100% _____	90% _____	80% _____	
		<b>KB Squat</b> KB Weight _____	<b>Deadlift</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
		Set 1 Set 2 Set 3 Set 4 Set 5	OR	50% _____	75% _____	100% _____
				100% _____	90% _____	80% _____

Notes:

198	<b>Read:</b> Bible: Ezekiel 40-44 _____ Crimes of the Educators _____	<b>Minimalist AND Kettlebell AND Barbell</b>
	<b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____
		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____
		<b>OR (Barbell Only)</b>
		<b>General Cardio Minutes</b>
		Notes:

Additional Notes:

		Minimalist		Barbell		
199	<b>Read:</b> Bible: Ezekiel 45-48 _____, Psalm 99 _____ Crimes of the Educators _____ <b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____ 100% _____ 90% _____ 80% _____		
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____ 100% _____ 90% _____ 80% _____		
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____ 100% _____ 90% _____ 80% _____		

Notes:

200	<b>Watch:</b> BP Overview: Ezra - Nehemiah _____ <b>Read:</b> Bible: Ezra 1-3 _____ Crimes of the Educators _____ <b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b> <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____ <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____ <b>OR (Barbell Only)</b> <b>General Cardio</b> Minutes _____ Notes:
	<b>Additional Notes:</b>	

201		Minimalist		Barbell			
Watch:	BP Exile _____	<b>KB Swings</b>	KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
Read:	Bible: Ezra 4-7 _____, Psalm 100 _____	Reps per minute _____	OR	100% _____	90% _____	80% _____	
	Crimes of the Educators _____	Minutes					
Consider:	What good shall I do today? _____						
	Order _____						
	Your diet _____						
	What good have I done today? _____						
		<b>Kettlebell</b>					
		<b>Kettlebell Press</b>	KB Weight _____	<b>Bench Press</b>	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
		Set 1	Set 2	Set 3	Set 4	Set 5	OR
							100% _____
		<b>KB Squat</b>	KB Weight _____	<b>Deadlift</b>	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
		Set 1	Set 2	Set 3	Set 4	Set 5	OR
							100% _____

Notes:

202	Read: Bible: Ezra 8-10 _____ Crimes of the Educators _____	Consider: What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____	Notes:
203	Read: Bible: Nehemiah 1-3 _____, Psalm 101 _____ Crimes of the Educators _____	Consider: What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____ What have you learned that conflicts with your beliefs?	Notes:

Additional Notes:

<b>204</b> <b>Read:</b> Bible: Nehemiah 4-6 _____ Crimes of the Educators _____ <b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today? _____		<b>Minimalist</b> <b>KB Swings</b> KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____		<b>Barbell</b> <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5		<b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5		<b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	

**Notes:**

<b>205</b> <b>Read:</b> Bible: Nehemiah 7-9 _____, Psalm 102 _____ <b>Read:</b> Crimes of the Educators _____ <b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today? _____		<b>Minimalist AND Kettlebell AND Barbell</b> <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____ <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____ <b>OR (Barbell Only)</b> <b>General Cardio</b> Minutes _____ <b>Notes:</b>

**Additional Notes:**

		Minimalist		Barbell		
206	<b>Read:</b> Bible: Nehemiah 10-11 _____ Crimes of the Educators _____ <b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		

Notes:

207	<b>Read:</b> Bible: Nehemiah 12-13 _____, Psalm 103 _____ Crimes of the Educators _____ <b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio Minutes</b>  Notes:
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Additional Notes:

208		<b>Minimalist</b>		<b>Barbell</b>					
				<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps		
<b>Watch:</b> BP Overview: Esther _____		<b>KB Swings</b> KB _____ (up to 20 minutes)		OR	50% _____	75% _____	100% _____		
<b>Read:</b> Bible: Esther 1-5 _____ Crimes of the Educators _____		Reps per minute _____ Minutes _____		OR	100% _____	90% _____	80% _____		
<b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today? _____				<b>Kettlebell</b>	<b>Bench Press</b>	<b>Deadlift</b>	<b>Notes:</b>		
				<b>Kettlebell Press</b> KB Weight _____	Set 1 Reps	Set 2 Reps	Set 3 Reps		
				Set 1 Set 2 Set 3 Set 4 Set 5	50% _____	75% _____	100% _____		
				<b>KB Squat</b> KB Weight _____	Set 1 Reps	Set 2 Reps	Set 3 Reps		
				Set 1 Set 2 Set 3 Set 4 Set 5	50% _____	75% _____	100% _____		
					OR	100% _____	90% _____		
						80% _____	<b>Notes:</b>		

Notes:

209	<b>Read:</b> Bible: Esther 6-10 _____, Psalm 104 _____ Finish Crimes of the Educators _____	<b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today? _____	<b>Notes:</b>
210	<b>Watch:</b> BP Overview: Daniel _____ <b>Read:</b> Bible: Daniel 1-3 _____ No Till Intensive _____	<b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today? _____ Which of your beliefs are holding you back?	<b>Notes:</b>

Additional Notes:

211		Minimalist		Barbell			
<b>Watch:</b> BP The Way of the Exile _____		<b>KB Swings</b> KB Weight _____ (up to 20 minutes)				<b>Squat</b>	Set 1 Reps
<b>Read:</b> Bible: Daniel 4-6 _____, Psalm 105 _____		Reps per minute _____				OR	50% _____
No Till Intensive _____		Minutes				OR	100% _____
<b>Consider:</b> What good shall I do today? _____		<b>Kettlebell</b>				<b>Bench Press</b>	Set 1 Reps
Frugality _____		<b>Kettlebell Press</b> KB Weight _____				OR	50% _____
Your diet _____		Set 1 Set 2 Set 3 Set 4 Set 5				OR	100% _____
What good have I done today? _____		<b>KB Squat</b> KB Weight _____				<b>Deadlift</b>	Set 1 Reps
		Set 1 Set 2 Set 3 Set 4 Set 5				OR	50% _____
						OR	100% _____
							90% _____
							80% _____

Notes:

212		Minimalist AND Kettlebell AND Barbell					
<b>Read:</b> Bible: Daniel 7-9 _____		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
No Till Intensive _____		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
<b>Consider:</b> What good shall I do today? _____		<b>OR (Barbell Only)</b>					
Frugality _____		<b>General Cardio Minutes</b>					
Your diet _____		Notes:					
What good have I done today? _____							

Additional Notes:

213		Minimalist		Barbell			
<b>Read:</b> Bible: Daniel 10-12 ___, Psalm 106 ___ No Till Intensive ___		<b>KB Swings</b> KB Weight ___ (up to 20 minutes)				<b>Squat</b> Set 1 Reps	Set 2 Reps
<b>Consider:</b> What good shall I do today? ___ Frugality ___ Your diet ___ What good have I done today? ___		Reps per minute ___ Minutes ___				50% ___	75% ___
						OR 100% ___	100% ___
		<b>Kettlebell</b>				<b>Bench Press</b> Set 1 Reps	Set 2 Reps
		<b>Kettlebell Press</b> KB Weight ___				50% ___	75% ___
		Set 1 Set 2 Set 3 Set 4 Set 5				OR 100% ___	100% ___
		<b>KB Squat</b> KB Weight ___				<b>Deadlift</b> Set 1 Reps	Set 2 Reps
		Set 1 Set 2 Set 3 Set 4 Set 5				50% ___	75% ___
		OR 100% ___				100% ___	100% ___
						90% ___	80% ___

Notes:

214		Minimalist AND Kettlebell AND Barbell					
<b>Watch:</b> BP Overview: Haggai ___		<b>KB Getups</b> (up to 10 minutes) KB Weight ___ Reps Left ___ Reps Right ___					
<b>Read:</b> Bible: Haggai 1-2 ___ No Till Intensive ___		<b>KB Swings</b> (up to 10 minutes) KB Weight ___ Reps Per minute ___ Minutes ___					
<b>Consider:</b> What good shall I do today? ___ Frugality ___ Your diet ___ What good have I done today? ___		<b>OR (Barbell Only)</b>					
		<b>General Cardio</b> Minutes ___					
		Notes:					

Additional Notes:

<b>215</b>		<b>Minimalist</b>		<b>Barbell</b>			
<b>Watch:</b> BP Overview: Zechariah _____		<b>KB Swings</b> KB _____ (up to 20 minutes)	KB Weight _____	<b>Squat</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
<b>Read:</b> Bible: Zechariah 1-4 _____, Psalm 107 _____		Reps per minute _____	Minutes _____	OR	50% _____	75% _____	100% _____
No Till Intensive _____					100% _____	90% _____	80% _____
<b>Consider:</b> What good shall I do today? _____		<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
Frugality _____		<b>Kettlebell Press</b>	KB Weight _____	OR	50% _____	75% _____	100% _____
Your diet _____		Set 1	Set 2	Set 3	Set 4	Set 5	Set 1 Reps _____
What good have I done today? _____		<b>KB Squat</b>	KB Weight _____	OR	100% _____	90% _____	80% _____
		Set 1	Set 2	Set 3	Set 4	Set 5	Set 2 Reps _____
				<b>Deadlift</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
				OR	50% _____	75% _____	100% _____
					100% _____	90% _____	80% _____

Notes:

<b>216</b>	<b>Read:</b> Bible: Zechariah 5-8 _____ No Till Intensive _____	<b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today? _____	<b>Notes:</b>
<b>217</b>	<b>Watch:</b> BP Day of the Lord _____ <b>Read:</b> Bible: Zechariah 9-14 _____, Psalm 108 _____ No Till Intensive _____	<b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today? _____ Which of your beliefs are incorrect and need to be discarded?	<b>Notes:</b>

Additional Notes:

218		Minimalist		Barbell			
<b>Watch:</b> BP Overview: Malachi _____		<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)				<b>Squat</b>	Set 1 Reps _____
<b>Read:</b> Bible: Malachi 1-2 _____		Reps per minute _____				50% _____	75% _____
No Till Intensive _____		Minutes _____				100% _____	100% _____
<b>Consider:</b> What good shall I do today? _____		<b>Kettlebell</b>				OR	100% _____
Industry _____		<b>Kettlebell Press</b> KB Weight _____				100% _____	90% _____
Your diet _____		Set 1 Set 2 Set 3 Set 4 Set 5				OR	80% _____
What good have I done today? _____		<b>KB Squat</b> KB Weight _____				<b>Deadlift</b>	Set 1 Reps _____
		Set 1 Set 2 Set 3 Set 4 Set 5				50% _____	75% _____
		OR				100% _____	100% _____
		90% _____				80% _____	80% _____

Notes:

219		Minimalist AND Kettlebell AND Barbell					
<b>Read:</b> Bible: Malachi 3-4 _____, Psalm 109 _____		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
No Till Intensive _____		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
<b>Consider:</b> What good shall I do today? _____		<b>OR (Barbell Only)</b>					
Industry _____		<b>General Cardio</b> Minutes _____					
Your diet _____		Notes:					
What good have I done today? _____							

Additional Notes:

		Minimalist		Barbell		
220	<b>Watch:</b> BP Overview: 1-2 Chronicles _____	<b>KB Swings</b> KB _____ (up to 20 minutes)	<b>Squat</b> Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____	
	<b>Read:</b> Bible: 1 Chronicles 1-10 _____	Reps per minute _____	50% _____	75% _____	100% _____	
	No Till Intensive _____	Minutes _____	OR 100% _____	90% _____	80% _____	
	<b>Consider:</b> What good shall I do today? _____	<b>Kettlebell</b>	<b>Bench Press</b> Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____	
	Industry _____	<b>Kettlebell Press</b> KB Weight _____	50% _____	75% _____	100% _____	
	Your diet _____	Set 1 Set 2 Set 3 Set 4 Set 5	OR 100% _____	90% _____	80% _____	
	What good have I done today? _____	<b>KB Squat</b> KB Weight _____	<b>Deadlift</b> Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____	
		Set 1 Set 2 Set 3 Set 4 Set 5	50% _____	75% _____	100% _____	
			OR 100% _____	90% _____	80% _____	

Notes:

		Minimalist AND Kettlebell AND Barbell				
221	<b>Read:</b> Bible: 1 Chronicles 11-14 _____, Psalm 110 _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____				
	No Till Intensive _____	<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____				
	<b>Consider:</b> What good shall I do today? _____	<b>OR (Barbell Only)</b>				
	Industry _____	<b>General Cardio</b> Minutes _____				
	Your diet _____	Notes:				

Additional Notes:

		Minimalist		Barbell		
222	<b>Read:</b> Bible: 1 Chronicles 15-17 _____ No Till Intensive _____ <b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____

Notes:

223	<b>Read:</b> Bible: 1 Chronicles 18-21 _____, Psalm 111 _____ No Till Intensive _____	<b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____	<b>Notes:</b>
224	<b>Read:</b> Bible: 1 Chronicles 22-24 _____ Finish No Till Intensive _____	<b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____ What truths have you discovered?	<b>Notes:</b>

Additional Notes:

		Minimalist		Barbell		
225	<b>Read:</b> Bible: 1 Chronicles 25-29 _____, Psalm 112 _____ What to Eat _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
	<b>Consider:</b> What good shall I do today? _____ Sincerity _____ Your diet _____ What good have I done today? _____		OR	50% _____	75% _____	100% _____
				100% _____	90% _____	80% _____
		<b>Kettlebell</b>	<b>Bench Press</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
		<b>Kettlebell Press</b> KB Weight _____		50% _____	75% _____	100% _____
			OR	100% _____	90% _____	80% _____
		Set 1 Set 2 Set 3 Set 4 Set 5				
		<b>KB Squat</b> KB Weight _____	<b>Deadlift</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
				50% _____	75% _____	100% _____
		Set 1 Set 2 Set 3 Set 4 Set 5	OR	100% _____	90% _____	80% _____

Notes:

		<b>Minimalist AND Kettlebell AND Barbell</b>
226	<b>Read:</b> Bible: 2 Chronicles 1-4 _____ What to Eat _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____
	<b>Consider:</b> What good shall I do today? _____ Sincerity _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____
		<b>OR (Barbell Only)</b>
		<b>General Cardio Minutes</b>
		Notes:

Additional Notes:

227		Minimalist		Barbell			
<b>Watch:</b> BP Temple_____		<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)		<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
<b>Read:</b> Bible: 2 Chronicles 5-8_____, Psalm 113_____		Reps per minute _____		OR	50% _____	75% _____	100% _____
What to Eat_____		Minutes _____		OR	100% _____	90% _____	80% _____
<b>Consider:</b> What good shall I do today?_____		<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
Sincerity_____		<b>Kettlebell Press</b> KB Weight _____		OR	50% _____	75% _____	100% _____
Your diet_____		Set 1 Set 2 Set 3 Set 4 Set 5		OR	100% _____	90% _____	80% _____
What good have I done today?_____		<b>KB Squat</b> KB Weight _____		<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
		Set 1 Set 2 Set 3 Set 4 Set 5		OR	50% _____	75% _____	100% _____
				OR	100% _____	90% _____	80% _____

Notes:

228		Minimalist AND Kettlebell AND Barbell					
<b>Read:</b> Bible: 2 Chronicles 9-12_____		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
What to Eat_____		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
<b>Consider:</b> What good shall I do today?_____		<b>OR (Barbell Only)</b>					
Sincerity_____		<b>General Cardio Minutes</b> _____					
Your diet_____		Notes:					
What good have I done today?_____							

Additional Notes:

		Minimalist		Barbell		
229	<b>Read:</b> Bible: 2 Chronicles 13-17 _____, Psalm 114 _____ What to Eat _____ <b>Consider:</b> What good shall I do today? _____ Sincerity _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____

Notes:

230	<b>Read:</b> Bible: 2 Chronicles 18-20 _____ What to Eat _____	<b>Consider:</b> What good shall I do today? _____ Sincerity _____ Your diet _____ What good have I done today? _____	Notes:
231	<b>Read:</b> Bible: Chronicles 21-24 _____, Psalm 115 _____ What to Eat _____	<b>Consider:</b> What good shall I do today? _____ Sincerity _____ Your diet _____ What good have I done today? _____ What lies have you believed in?	Notes:

Additional Notes:

		Minimalist		Barbell		
232	<b>Read:</b> 2 Chronicles 25-27 _____ What to Eat _____ <b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		

Notes:

233	<b>Read:</b> Bible: 2 Chronicles 28-31 _____, Psalm 116 _____ What to Eat _____ <b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio Minutes</b>  Notes:
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Additional Notes:

		Minimalist		Barbell		
234	<b>Read:</b> Bible: 2 Chronicles 32-34 _____ What to Eat _____ <b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		

Notes:

235	<b>Watch:</b> BP Messiah _____ <b>Read:</b> Bible: 2 Chronicles 35-36 _____, Psalm 117 _____ What to Eat _____ <b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio</b> Minutes _____  Notes:
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Additional Notes:

		Minimalist		Barbell			
236	<b>Watch:</b> BP How to <b>Read</b> the Bible: The Gospel _____ <b>Read:</b> Bible: Matthew 1-2 _____ What to Eat _____ <b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b>  OR	Set 1 Reps _____ 50% _____  100% _____	Set 2 Reps _____ 75% _____  90% _____	Set 3 Reps _____ 100% _____  80% _____	
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b>  OR	Set 1 Reps _____ 50% _____  100% _____	Set 2 Reps _____ 75% _____  90% _____	Set 3 Reps _____ 100% _____  80% _____	
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b>  OR	Set 1 Reps _____ 50% _____  100% _____	Set 2 Reps _____ 75% _____  90% _____	Set 3 Reps _____ 100% _____  80% _____	

Notes:

237	<b>Watch:</b> BP Overview: Matthew Ch. 1-13 _____ <b>Read:</b> Bible: Matthew 3-4 _____, Psalm 118 _____ What to Eat _____	<b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____	Notes:
238	<b>Watch:</b> BP How to <b>Read</b> the Bible: Setting _____ <b>Read:</b> Bible: Matthew 5-6 _____ What to Eat _____	<b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____ Given the time and effort you can accomplish anything, what is holding you back?	Notes:

Additional Notes:

		Minimalist		Barbell		
239	<b>Watch:</b> BP Son of Man _____	<b>KB Swings</b> KB	KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps
	<b>Read:</b> Bible: Matthew 7-8 _____, Psalm 119 _____	Reps per minute _____		50% _____	75% _____	100% _____
	What to Eat _____	Minutes	<b>OR</b>	100% _____	90% _____	80% _____
	<b>Consider:</b> What good shall I do today? _____	<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps	Set 2 Reps
	Moderation _____	<b>Kettlebell Press</b>	KB Weight _____	50% _____	75% _____	100% _____
	Your diet _____	Set 1	Set 2	Set 3	Set 4	Set 5
	What good have I done today? _____	<b>KB Squat</b>	KB Weight _____	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps
		Set 1	Set 2	Set 3	Set 4	Set 5

Notes:

		Minimalist AND Kettlebell AND Barbell				
240	<b>Watch:</b> BP God _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____				
	<b>Read:</b> Bible: Matthew 9-10 _____	<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____				
	What to Eat _____	<b>OR (Barbell Only)</b>				
	<b>Consider:</b> What good shall I do today? _____	<b>General Cardio</b> Minutes _____				
	Moderation _____	Notes:				
	Your diet _____					
	What good have I done today? _____					

Additional Notes:

		Minimalist		Barbell		
241	<b>Read:</b> Bible: Matthew 11-12 ___, Psalm 120 ___ What to Eat ___ <b>Consider:</b> What good shall I do today? ___ Moderation ___ Your diet ___ What good have I done today? ___	<b>KB Swings</b> KB Weight ___ (up to 20 minutes) Reps per minute ___ Minutes ___	<b>Squat</b> OR	Set 1 Reps 50% ___	Set 2 Reps 75% ___	Set 3 Reps 100% ___
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight ___ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% ___	Set 2 Reps 75% ___	Set 3 Reps 100% ___
		<b>KB Squat</b> KB Weight ___ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% ___	Set 2 Reps 75% ___	Set 3 Reps 100% ___
				Set 1 Reps 100% ___	Set 2 Reps 90% ___	Set 3 Reps 80% ___

Notes:

242	<b>Watch:</b> BP How to Read the Bible: The Parables of Jesus ___ <b>Read:</b> Bible: Matthew 13-14 ___ What to Eat ___ <b>Consider:</b> What good shall I do today? ___ Moderation ___ Your diet ___ What good have I done today? ___	<b>Minimalist AND Kettlebell AND Barbell</b> <b>KB Getups</b> (up to 10 minutes) KB Weight ___ Reps Left ___ Reps Right ___ <b>KB Swings</b> (up to 10 minutes) KB Weight ___ Reps Per minute ___ Minutes ___ <b>OR (Barbell Only)</b> <b>General Cardio</b> Minutes ___ Notes:
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Additional Notes:

		Minimalist		Barbell		
243	<b>Watch:</b> BP Overview: Matthew Ch. 14-28 _____ <b>Read:</b> Bible: Matthew 15-16 _____, Psalm 121 _____ What to Eat _____ <b>Consider:</b> What good shall I do today? _____ Moderation _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b> Set 1 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	<b>Bench Press</b> Set 1 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	<b>Deadlift</b> Set 1 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	Set 2 Reps _____ Set 3 Reps _____ Set 2 Reps _____ Set 3 Reps _____ Set 2 Reps _____ Set 3 Reps _____ Set 2 Reps _____ Set 3 Reps _____
		Set 1 Set 2 Set 3 Set 4 Set 5				
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5				

Notes:

244	<b>Read:</b> Bible: Matthew 17-18 _____ What to Eat _____	<b>Consider:</b> What good shall I do today? _____ Moderation _____ Your diet _____ What good have I done today? _____	Notes:
245	<b>Read:</b> Bible: Matthew 19-20 _____, Psalm 122 _____ What to Eat _____	<b>Consider:</b> What good shall I do today? _____ Moderation _____ Your diet _____ What good have I done today? _____ What have you learned that conflicts with your beliefs?	Notes:

Additional Notes:

246		Minimalist		Barbell			
Bible: Matthew 21-22	_____	<b>KB Swings</b>	KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
What to Eat	_____	Reps per minute _____	Minutes	OR	100% _____	90% _____	80% _____
<b>Consider:</b>							
What good shall I do today?	_____						
Cleanliness	_____						
Your diet	_____						
What good have I done today?	_____						
		<b>Kettlebell</b>		<b>Bench Press</b>			
		<b>Kettlebell Press</b>	KB Weight _____	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____	
		Set 1	Set 2	Set 3	Set 4	Set 5	OR
		<b>KB Squat</b>	KB Weight _____	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____	
		Set 1	Set 2	Set 3	Set 4	Set 5	OR

Notes:

247		Minimalist AND Kettlebell AND Barbell			
Bible: Matthew 23-24	_____, Psalm 123	<b>KB Getups</b>	(up to 10 minutes)	KB Weight _____	Reps Left _____ Reps Right _____
What to Eat	_____	<b>KB Swings</b>	(up to 10 minutes)	KB Weight _____	Reps Per minute _____ Minutes _____
<b>Consider:</b>					<b>OR (Barbell Only)</b>
What good shall I do today?	_____				
Cleanliness	_____				
Your diet	_____				
What good have I done today?	_____				
		<b>General Cardio Minutes</b>			
		<b>Notes:</b>			

Additional Notes:

248	<b>Read:</b> Bible: Matthew 25-26 _____ What to Eat _____ <b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____	<b>Minimalist</b>		<b>Barbell</b>			
	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Kettlebell</b>		<b>Squat</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
		<b>Kettlebell Press</b> KB Weight _____		OR	50% _____	75% _____	100% _____
		<b>Kettlebell Press</b> KB Weight _____		OR	100% _____	90% _____	80% _____
		Set 1	Set 2	Set 3	Set 4	Set 5	
		<b>KB Squat</b> KB Weight _____		<b>Deadlift</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
		<b>KB Squat</b> KB Weight _____		OR	50% _____	75% _____	100% _____
		Set 1	Set 2	Set 3	Set 4	Set 5	

### Notes:

249	Watch: BP Witness _____	Minimalist AND Kettlebell AND Barbell  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio</b> Minutes _____ <b>Notes:</b> _____
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### **Additional Notes:**

		Minimalist		Barbell			
250	<b>Watch:</b> BP The Gospel According to Mark _____ <b>Read:</b> Bible: Mark 1-2 _____ What to Eat _____ <b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b> Set 1 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> Set 1 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	<b>Deadlift</b> Set 1 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	Set 2 Reps _____ Set 3 Reps _____

Notes:

251	<b>Watch:</b> BP Gospel _____ <b>Read:</b> Bible: Mark 3-4 _____, Psalm 125 _____ What to Eat _____	<b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____	Notes:
252	<b>Read:</b> Bible: Mark 5-6 _____ Finish What to Eat _____	<b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____ Which of your beliefs are holding you back?	Notes:

Additional Notes:

		Minimalist		Barbell		
253	<b>Read:</b> Bible: Mark 7-8 _____, Psalm 126 _____ The Purposeful Primitive _____ <b>Consider:</b> What good shall I do today? _____ Tranquility _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
				Set 1 Reps 100% _____	Set 2 Reps 90% _____	Set 3 Reps 80% _____

Notes:

		Minimalist AND Kettlebell AND Barbell				
254	<b>Read:</b> Bible: Mark 9-10 _____ The Purposeful Primitive _____ <b>Consider:</b> What good shall I do today? _____ Tranquility _____ Your diet _____ What good have I done today? _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____				
		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____				
		<b>OR (Barbell Only)</b>				
		<b>General Cardio Minutes</b>				
		<b>Notes:</b>				

Additional Notes:

		Minimalist		Barbell						
255	<b>Read:</b> Bible: 11-12____, Psalm 127____ The Purposeful Primitive____	<b>KB Swings</b> KB	KB Weight____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps			
	<b>Consider:</b> What good shall I do today?____ Tranquility____ Your diet____ What good have I done today?____	Reps per minute____	Minutes	OR	50%____	75%____	100%____			
		<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps			
		<b>Kettlebell Press</b>	KB Weight____	OR	50%____	75%____	100%____			
		Set 1	Set 2	Set 3	Set 4	Set 5	OR	100%____	90%____	80%____
		<b>KB Squat</b>	KB Weight____	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps			
		Set 1	Set 2	Set 3	Set 4	Set 5	OR	50%____	75%____	100%____
					100%____	90%____	80%____			

Notes:

		Minimalist AND Kettlebell AND Barbell					
256	<b>Read:</b> Bible: Mark 13-14____ The Purposeful Primitive____	<b>KB Getups</b> (up to 10 minutes) KB Weight____ Reps Left____ Reps Right____					
	<b>Consider:</b> What good shall I do today?____ Tranquility____ Your diet____ What good have I done today?____	<b>KB Swings</b> (up to 10 minutes) KB Weight____ Reps Per minute____ Minutes____					
		<b>OR (Barbell Only)</b>					
		<b>General Cardio Minutes</b>					
		<b>Notes:</b>					

Additional Notes:

<b>257</b> <b>Watch:</b> BP Overview: Mark _____ <b>Read:</b> Bible: Mark 15-16 _____, Psalm 128 _____ <b>Consider:</b> The Purposeful Primitive _____ <b>What good shall I do today?</b> _____ <b>Tranquility</b> _____ <b>Your diet</b> _____ <b>What good have I done today?</b> _____		<b>Minimalist</b> <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes) <b>Reps per minute</b> _____ <b>Minutes</b> _____		<b>Barbell</b> <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ <b>OR</b> 100% _____ 90% _____ 80% _____	
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5		<b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ <b>OR</b> 100% _____ 90% _____ 80% _____	
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5		<b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ <b>OR</b> 100% _____ 90% _____ 80% _____	

**Notes:**

<b>258</b> <b>Watch:</b> BP Overview: Ch. 1-12 _____ <b>Read:</b> Bible: John 1-2 _____ The Purposeful Primitive	<b>Consider:</b> What good shall I do today? _____ Tranquility _____ Your diet _____ What good have I done today? _____	<b>Notes:</b>
<b>259</b> <b>Watch:</b> BP Water of Life _____ <b>Read:</b> Bible: John 3-4 _____, Psalm 129 _____ The Purposeful Primitive _____	<b>Consider:</b> What good shall I do today? _____ Tranquility _____ Your diet _____ What good have I done today? _____ Which of your beliefs are incorrect and need to be discarded?	<b>Notes:</b>

**Additional Notes:**

		Minimalist		Barbell		
260	<b>Read:</b> Bible: John 5-6 _____ The Purposeful Primitive _____ <b>Consider:</b> What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____	Set 2 Reps 90% _____ Set 3 Reps 80% _____	Set 3 Reps
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____	Set 2 Reps 90% _____ Set 3 Reps 80% _____	Set 3 Reps
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____	Set 2 Reps 90% _____ Set 3 Reps 80% _____	Set 3 Reps

Notes:

		Minimalist AND Kettlebell AND Barbell			
261	<b>Read:</b> Bible: John 7-8 _____, Psalm 130 _____ The Purposeful Primitive _____ <b>Consider:</b> What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____			
		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____			
		<b>OR (Barbell Only)</b>			
		<b>General Cardio Minutes</b>			
		<b>Notes:</b>			

Additional Notes:

262		Minimalist		Barbell			
<b>Read:</b> Bible: John 9-10 _____ The Purposeful Primitive _____		<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)		<b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____			
<b>Consider:</b> What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____		Reps per minute _____ Minutes _____		OR 100% _____ 90% _____ 80% _____			
		<b>Kettlebell</b>		<b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____			
		<b>Kettlebell Press</b> KB Weight _____		OR 100% _____ 90% _____ 80% _____			
		Set 1 Set 2 Set 3 Set 4 Set 5		<b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____			
		<b>KB Squat</b> KB Weight _____		OR 100% _____ 90% _____ 80% _____			
		Set 1 Set 2 Set 3 Set 4 Set 5					

Notes:

263		Minimalist AND Kettlebell AND Barbell					
<b>Read:</b> Bible: John 11-12 _____, Psalm 131 _____ The Purposeful Primitive _____		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
<b>Consider:</b> What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
		OR (Barbell Only)					
		<b>General Cardio</b> Minutes _____					
		Notes:					

Additional Notes:

264		Minimalist		Barbell			
Watch:	Overview: John Ch. 13-21 _____	KB Swings	KB Weight _____ (up to 20 minutes)	Squat	Set 1 Reps	Set 2 Reps	Set 3 Reps
Read:	Bible: John 13-15 _____	Reps per minute _____	OR	50% _____	75% _____	100% _____	
	The Purposeful Primitive _____	Minutes		100% _____	90% _____	80% _____	
Consider:	What good shall I do today? _____	Kettlebell	Bench Press	Set 1 Reps	Set 2 Reps	Set 3 Reps	
	Chastity _____	Kettlebell Press	OR	50% _____	75% _____	100% _____	
	Your diet _____	KB Weight _____		100% _____	90% _____	80% _____	
	What good have I done today? _____	Set 1 Set 2 Set 3 Set 4 Set 5	Deadlift	Set 1 Reps	Set 2 Reps	Set 3 Reps	
		KB Squat	OR	50% _____	75% _____	100% _____	
		KB Weight _____		100% _____	90% _____	80% _____	
		Set 1 Set 2 Set 3 Set 4 Set 5					

Notes:

265	Read: Bible: John 16-18 _____, Psalm 132 _____ The Purposeful Primitive _____	Consider: What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____	Notes:
266	Read: Bible: John 19-21 _____ The Purposeful Primitive _____	Consider: What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____ What truths have you discovered?	Notes:

Additional Notes:

		Minimalist		Barbell		
267	<b>Watch:</b> BP Overview: Luke Ch. 1-9 _____	<b>KB Swings</b> KB _____ (up to 20 minutes)	<b>Squat</b> Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____	
	<b>Read:</b> Bible: Luke 1 _____, Psalm 133 _____	Reps per minute _____	50% _____	75% _____	100% _____	
	The Purposeful Primitive _____	Minutes _____	OR 100% _____	90% _____	80% _____	
	<b>Consider:</b> What good shall I do today? _____	<b>Kettlebell</b>	<b>Bench Press</b> Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____	
	Humility _____	<b>Kettlebell Press</b> KB Weight _____	50% _____	75% _____	100% _____	
	Your diet _____	Set 1 Set 2 Set 3 Set 4 Set 5	OR 100% _____	90% _____	80% _____	
	What good have I done today? _____	<b>KB Squat</b> KB Weight _____	<b>Deadlift</b> Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____	
		Set 1 Set 2 Set 3 Set 4 Set 5	50% _____	75% _____	100% _____	
			OR 100% _____	90% _____	80% _____	

Notes:

		<b>Minimalist AND Kettlebell AND Barbell</b>
268	<b>Watch:</b> BP Gospel of Luke Ch. 1-2 _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____
	<b>Read:</b> Bible: Luke 2-3 _____	<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____
	The Purposeful Primitive _____	<b>OR (Barbell Only)</b>
	<b>Consider:</b> What good shall I do today? _____	<b>General Cardio</b> Minutes _____
	Humility _____	Notes:
	Your diet _____	
	What good have I done today? _____	

Additional Notes:

		Minimalist		Barbell		
269	<b>Watch:</b> BP Gospel of Luke: Ch. 3-9 _____	<b>KB Swings</b> KB	KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps
	<b>Read:</b> Bible: Luke 4-5 _____, Psalm 134 _____	Reps per minute _____		50% _____	75% _____	100% _____
	The Purposeful Primitive _____	Minutes	<b>OR</b>	100% _____	90% _____	80% _____
	<b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____	<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps	Set 2 Reps
		<b>Kettlebell Press</b>	KB Weight _____	OR	50% _____	75% _____
		Set 1	Set 2	Set 3	Set 4	Set 5
		<b>KB Squat</b>	KB Weight _____	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps
		Set 1	Set 2	Set 3	Set 4	Set 5

Notes:

270	<b>Read:</b> Bible: Luke 6-7 _____ The Purposeful Primitive _____	<b>Minimalist AND Kettlebell AND Barbell</b>				
	<b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____ Track the sun in your location _____ Research gardening options for your location _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____				
		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____				
		<b>OR (Barbell Only)</b>				
		<b>General Cardio Minutes</b>				
		<b>Notes:</b>				

Additional Notes:

		Minimalist		Barbell		
271	<b>Watch:</b> BP The Prodigal Son – Gospel of Luke 9-19 _____ <b>Read:</b> Bible: Luke 8-9 _____, Psalm 135 _____ The Purposeful Primitive _____ <b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> Set 1 Reps _____ 50% _____ 75% _____ 100% _____  OR 100% _____ 90% _____ 80% _____	<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> Set 1 Reps _____ 50% _____ 75% _____ 100% _____  OR 100% _____ 90% _____ 80% _____	<b>Deadlift</b> Set 1 Reps _____ 50% _____ 75% _____ 100% _____  OR 100% _____ 90% _____ 80% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5				

Notes:

272	<b>Watch:</b> BP Overview: Luke Ch. 10-24 _____ <b>Read:</b> Bible: Luke 10-11 _____ The Purposeful Primitive _____	<b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____	Notes:
273	<b>Read:</b> Bible: Luke 12-13 _____, Psalm 136 _____ The Purposeful Primitive _____	<b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____ What lies have you believed in?	Notes:

Additional Notes:

		Minimalist		Barbell		
274	<b>Read:</b> Bible: Luke 14-16 _____ The Purposeful Primitive _____ <b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  Set 1 Reps 100% _____ Set 2 Reps 90% _____ Set 3 Reps 80% _____		
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  Set 1 Reps 100% _____ Set 2 Reps 90% _____ Set 3 Reps 80% _____		
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  Set 1 Reps 100% _____ Set 2 Reps 90% _____ Set 3 Reps 80% _____		

Notes:

		Minimalist AND Kettlebell AND Barbell				
275	<b>Read:</b> Bible: Luke 17-18 _____, Psalm 137 _____ The Purposeful Primitive _____ <b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____				
		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____				
		<b>OR (Barbell Only)</b>				
		<b>General Cardio Minutes</b>				
		<b>Notes:</b>				

Additional Notes:

		Minimalist		Barbell		
276	<b>Watch:</b> BP Gospel of Luke Ch. 19-23 _____	<b>KB Swings</b> KB	KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps
	<b>Read:</b> Bible: Luke 19-20 _____	Reps per minute _____		50% _____	75% _____	100% _____
	Finish The Purposeful Primitive _____	Minutes	<b>OR</b>	100% _____	90% _____	80% _____
	<b>Consider:</b> What good shall I do today? _____	<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps	Set 2 Reps
	Temperance _____	<b>Kettlebell Press</b>	KB Weight _____	50% _____	75% _____	100% _____
	Your diet _____	Set 1	Set 2	Set 3	Set 4	Set 5
	What good have I done today? _____	<b>KB Squat</b>	KB Weight _____	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps
		Set 1	Set 2	Set 3	Set 4	Set 5

Notes:

		Minimalist AND Kettlebell AND Barbell				
277	<b>Read:</b> Bible: Luke 21-22 _____, Psalm 138 _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____				
	<b>Watch:</b> Natural Law Seminar _____	<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____				
	<b>Consider:</b> What good shall I do today? _____	<b>OR (Barbell Only)</b>				
	Temperance _____	<b>General Cardio</b> Minutes _____				
	Your diet _____	<b>Notes:</b> _____				

Additional Notes:

		Minimalist		Barbell			
278	<b>Watch:</b> BP Gospel of Luke Ch. 24 _____ <b>Read:</b> Bible: Luke 23-24 _____ <b>Watch:</b> Natural Law Seminar _____ <b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b>  OR	Set 1 Reps _____ 50% _____  100% _____	Set 2 Reps _____ 75% _____  90% _____	Set 3 Reps _____ 100% _____  80% _____	
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____	<b>Bench Press</b>  OR	Set 1 Reps _____ 50% _____  100% _____	Set 2 Reps _____ 75% _____  90% _____	Set 3 Reps _____ 100% _____  80% _____	
		Set 1 Set 2 Set 3 Set 4 Set 5					
		<b>KB Squat</b> KB Weight _____	<b>Deadlift</b>  OR	Set 1 Reps _____ 50% _____  100% _____	Set 2 Reps _____ 75% _____  90% _____	Set 3 Reps _____ 100% _____  80% _____	
		Set 1 Set 2 Set 3 Set 4 Set 5					

Notes:

279	<b>Watch:</b> BP Overview: Acts Ch. 1-12 _____ <b>Read:</b> Bible: Acts 1-2 _____, Psalm 139 _____ <b>Watch:</b> Natural Law Seminar	<b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____	Notes:
280	<b>Watch:</b> BP Holy Spirit _____ <b>Read:</b> Bible: Acts 3-4 _____ <b>Watch:</b> Natural Law Seminar _____	<b>Consider:</b> What good shall I do today? _____ Temperance _____ Your diet _____ What good have I done today? _____ Given the time and effort you can accomplish anything, what is holding you back?	Notes:

Additional Notes:

281		Minimalist		Barbell			
Watch:	BP Acts Ch. 1-7 _____	<b>KB Swings</b>	KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
Read:	Bible: Acts 5-6 _____, Psalm 141 _____	Reps per minute _____	Minutes _____	OR	100% _____	90% _____	80% _____
Watch:	Natural Law Seminar _____	<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
Consider:	What good shall I do today? _____	<b>Kettlebell Press</b>	KB Weight _____		OR 100% _____	90% _____	80% _____
Silence _____	Your diet _____	Set 1	Set 2	Set 3	Set 4	Set 5	
What good have I done today? _____		<b>KB Squat</b>	KB Weight _____	<b>Deadlift</b>	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
		Set 1	Set 2	Set 3	Set 4	Set 5	OR 100% _____

Notes:

282		Minimalist AND Kettlebell AND Barbell					
Watch:	BP Acts 8-12 _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
Read:	Bible: Acts 7-8 _____	<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
Watch:	Natural Law Seminar _____	<b>OR (Barbell Only)</b>					
Consider:	What good shall I do today? _____	<b>General Cardio</b> Minutes _____					
Silence _____	Your diet _____	Notes:					
What good have I done today? _____							

Additional Notes:

		Minimalist		Barbell		
283	<b>Read:</b> Bible: Acts 9-10 ___, Psalm 142 ___	<b>KB Swings</b> KB	KB Weight ___ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps 50% ___	Set 2 Reps 75% ___
	<b>Watch:</b> Finish Natural Law Seminar ___	Reps per minute ___	Minutes	OR	100% ___	100% ___
	<b>Consider:</b> What good shall I do today? ___	Kettlebell		<b>Bench Press</b>	Set 1 Reps 50% ___	Set 2 Reps 75% ___
	Silence ___	<b>Kettlebell Press</b> KB Weight ___		OR	100% ___	100% ___
	Your diet ___	Set 1 Set 2 Set 3 Set 4 Set 5		<b>Deadlift</b>	Set 1 Reps 50% ___	Set 2 Reps 75% ___
	What good have I done today? ___	<b>KB Squat</b> KB Weight ___	Set 1 Set 2 Set 3 Set 4 Set 5	OR	100% ___	100% ___
					90% ___	80% ___

Notes:

		Minimalist AND Kettlebell AND Barbell			
284	<b>Read:</b> Bible: Acts 11-12 ___	<b>KB Getups</b> (up to 10 minutes) KB Weight ___ Reps Left ___ Reps Right ___			
	The Founders' Second Amendment ___	<b>KB Swings</b> (up to 10 minutes) KB Weight ___ Reps Per minute ___ Minutes ___			
	<b>Consider:</b> What good shall I do today? ___	<b>OR (Barbell Only)</b>			
	Silence ___	<b>General Cardio Minutes</b>			
	Your diet ___	Notes:			

Additional Notes:

		Minimalist		Barbell		
285	<b>Watch:</b> BP Overview: Acts Ch. 13-28 _____ <b>Read:</b> Bible: Acts 13-14 _____, Psalm 143 _____ The Founders' Second Amendment _____ <b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____

Notes:

286	<b>Watch:</b> BP Acts Ch. 13-20 _____ <b>Read:</b> Bible: Acts 15-16 _____ The Founders' Second Amendment _____	<b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today? _____	Notes:
287	<b>Read:</b> Bible: Acts 17-18 _____, Psalm 144 _____ The Founders' Second Amendment _____	<b>Consider:</b> What good shall I do today? _____ Silence _____ Your diet _____ What good have I done today? _____ What have you learned that conflicts with your beliefs?	Notes:

Additional Notes:

		Minimalist		Barbell		
288	<b>Read:</b> Bible: Acts 19-20 _____ The Founders' Second Amendment _____ <b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____

Notes:

289	<b>Watch:</b> BP Acts Ch. 21-28 _____ <b>Read:</b> Bible: Acts 21-22 _____, Psalm 145 _____ The Founders' Second Amendment _____ <b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio Minutes</b>  Notes:
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Additional Notes:

		Minimalist		Barbell		
290	<b>Watch:</b> BP Hope _____	<b>KB Swings</b> KB	KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps
	<b>Read:</b> Bible: Acts 23-24 _____	Reps per minute _____		50% _____	75% _____	100% _____
	The Founders' Second Amendment _____	Minutes	<b>OR</b>	100% _____	90% _____	80% _____
	<b>Consider:</b> What good shall I do today? _____	<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps	Set 2 Reps
	Order _____	<b>Kettlebell Press</b>	KB Weight _____	50% _____	75% _____	100% _____
	Your diet _____	Set 1	Set 2	Set 3	Set 4	Set 5
	What good have I done today? _____	<b>KB Squat</b>	KB Weight _____	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps
		Set 1	Set 2	Set 3	Set 4	Set 5

Notes:

291	<b>Read:</b> Bible: Acts 25-26 _____, Psalm 146 _____ The Founders' Second Amendment _____	<b>Minimalist AND Kettlebell AND Barbell</b>				
	<b>Consider:</b> What good shall I do today? _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____				
	Order _____	<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____				
	Your diet _____	<b>OR (Barbell Only)</b>				
	What good have I done today? _____	<b>General Cardio Minutes</b>				

Notes:

Additional Notes:

		Minimalist		Barbell			
292	<b>Read:</b> Bible: Acts 27-28 _____ The Founders' Second Amendment _____ <b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> Set 1 Reps _____ 50% _____ 75% _____ 100% _____  OR 100% _____ 90% _____ 80% _____				
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> Set 1 Reps _____ 50% _____ 75% _____ 100% _____  OR 100% _____ 90% _____ 80% _____				
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> Set 1 Reps _____ 50% _____ 75% _____ 100% _____  OR 100% _____ 90% _____ 80% _____				

Notes:

293	<b>Watch:</b> BP Overview: Romans Ch. 1-4 _____ <b>Read:</b> Bible: Romans 1-2 _____, Psalm 147 _____ The Founders' Second Amendment _____	<b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____	Notes:
294	<b>Watch:</b> BP Grace _____ <b>Read:</b> Bible: Romans 3-4 _____ The Founders' Second Amendment _____	<b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____ Which of your beliefs are incorrect and need to be discarded?	Notes

Additional Notes:

		Minimalist		Barbell		
295	<b>Watch:</b> BP Overview: Romans Ch. 5-16 _____	<b>KB Swings</b> KB _____ (up to 20 minutes)	<b>Squat</b> Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____	
	<b>Read:</b> Bible: Romans 5-6 _____, Psalm 148 _____	Reps per minute _____	50% _____	75% _____	100% _____	
	The Founders' Second Amendment _____	Minutes _____	OR 100% _____	90% _____	80% _____	
	<b>Consider:</b> What good shall I do today? _____	<b>Kettlebell</b>	<b>Bench Press</b> Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____	
	Resolution _____	<b>Kettlebell Press</b> KB Weight _____	50% _____	75% _____	100% _____	
	Your diet _____	Set 1 Set 2 Set 3 Set 4 Set 5	OR 100% _____	90% _____	80% _____	
	What good have I done today? _____	<b>KB Squat</b> KB Weight _____	<b>Deadlift</b> Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____	
		Set 1 Set 2 Set 3 Set 4 Set 5	50% _____	75% _____	100% _____	
			OR 100% _____	90% _____	80% _____	

Notes:

		Minimalist AND Kettlebell AND Barbell				
296	<b>Read:</b> Bible: Romans 7-8 _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____				
	The Founders' Second Amendment _____	<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____				
	<b>Consider:</b> What good shall I do today? _____	<b>OR (Barbell Only)</b>				
	Resolution _____	<b>General Cardio Minutes</b> _____				
	Your diet _____	<b>Notes:</b> _____				

Additional Notes:

		Minimalist		Barbell			
297	<b>Watch:</b> BP New Testament Letters: Historical Context _____ <b>Read:</b> Bible: Romans 9-10 _____, Psalm 149 _____ The Founders' Second Amendment _____ <b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____	
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____	
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____	

Notes:

	<b>Minimalist AND Kettlebell AND Barbell</b>
298	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____
	<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____
	<b>OR (Barbell Only)</b>
	<b>General Cardio Minutes</b>
	Notes:

Additional Notes:

		Minimalist		Barbell		
299	<b>Read:</b> Bible: Romans 13-14 _____, Psalm 150 _____ The Founders' Second Amendment	<b>KB Swings</b> KB _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
	<b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today? _____		OR	50% _____	75% _____	100% _____
		<b>Kettlebell</b>	<b>Bench Press</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
		<b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	OR	50% _____	75% _____	100% _____
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b>	Set 1 Reps _____	Set 2 Reps _____	Set 3 Reps _____
			OR	50% _____	75% _____	100% _____
				100% _____	90% _____	80% _____

Notes:

300	<b>Read:</b> Bible: Romans 15-16 _____ The Founders' Second Amendment _____	<b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today? _____	Notes:
301	<b>Watch:</b> BP Overview: 1 Corinthians _____ <b>Read:</b> Bible: 1 Corinthians 1-2 _____ The Founders' Second Amendment _____	<b>Consider:</b> What good shall I do today? _____ Resolution _____ Your diet _____ What good have I done today? _____ What truths have you discovered?	Notes:

Additional Notes:

		Minimalist		Barbell		
302	<b>Read:</b> Bible: 1 Corinthians 3-4 _____ Finish The Founders' Second Amendment _____ <b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____

Notes:

		Minimalist AND Kettlebell AND Barbell			
303	<b>Read:</b> Bible: 1 Corinthians 5-6 _____ Johnny Got His Gun _____ <b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today? _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____			
		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____			
		<b>OR (Barbell Only)</b>			
		<b>General Cardio Minutes</b>			
		<b>Notes:</b>			

Additional Notes:

		Minimalist		Barbell		
304	<b>Read:</b> Bible: 1 Corinthians 7-8 _____ Johnny Got His Gun _____ <b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		

Notes:

305	<b>Read:</b> Bible: 1 Corinthians 9-10 _____ Johnny Got His Gun _____ <b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio Minutes</b>  Notes:
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Additional Notes:

		Minimalist		Barbell		
306	<b>Read:</b> Bible: 1 Corinthians 11-12 _____ Johnny Got His Gun _____ <b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____

Notes:

307	<b>Read:</b> Bible: 1 Corinthians 13-14 _____ Johnny Got His Gun _____	<b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today? _____	Notes:
308	<b>Read:</b> Bible: 1 Corinthians 15-16 _____ Johnny Got His Gun _____	<b>Consider:</b> What good shall I do today? _____ Frugality _____ Your diet _____ What good have I done today? _____ What lies have you believed in?	Notes:

Additional Notes:

		Minimalist		Barbell		
309	<b>Watch:</b> BP Overview: 2 Corinthians _____	<b>KB Swings</b> KB _____ (up to 20 minutes)	KB Weight _____ Reps per minute _____ Minutes _____	<b>Squat</b>	Set 1 Reps _____ 50% _____	Set 2 Reps _____ 75% _____
	<b>Read</b> Bible: 2 Corinthians 1-2 _____ Johnny Got His Gun _____			OR	100% _____ 90% _____	Set 3 Reps _____ 100% _____
	<b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____	<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5		<b>Bench Press</b>	Set 1 Reps _____ 50% _____	Set 2 Reps _____ 75% _____
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5		OR	100% _____ 90% _____	Set 3 Reps _____ 80% _____
				<b>Deadlift</b>	Set 1 Reps _____ 50% _____	Set 2 Reps _____ 75% _____
				OR	100% _____ 90% _____	Set 3 Reps _____ 80% _____

Notes:

310	<b>Read:</b> Bible: 2 Corinthians 3-4 _____ Johnny Got His Gun _____	<b>Minimalist AND Kettlebell AND Barbell</b>
	<b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____
		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____
		<b>OR (Barbell Only)</b>
		<b>General Cardio Minutes</b>
		Notes:

Additional Notes:

311		Minimalist		Barbell			
<b>Read:</b> Bible: 2 Corinthians 5-6 _____ Johnny Got His Gun _____		<b>KB Swings</b> KB Weight _____ (up to 20 minutes)				<b>Squat</b> Set 1 Reps _____	Set 2 Reps _____
<b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____		Reps per minute _____ Minutes _____				50% _____	75% _____
						OR 100% _____	100% _____
		<b>Kettlebell</b>				<b>Bench Press</b> Set 1 Reps _____	Set 2 Reps _____
		<b>Kettlebell Press</b> KB Weight _____				50% _____	75% _____
		Set 1 Set 2 Set 3 Set 4 Set 5				OR 100% _____	100% _____
		<b>KB Squat</b> KB Weight _____				<b>Deadlift</b> Set 1 Reps _____	Set 2 Reps _____
		Set 1 Set 2 Set 3 Set 4 Set 5				50% _____	75% _____
		OR 100% _____				100% _____	100% _____
						90% _____	80% _____

Notes:

312		Minimalist AND Kettlebell AND Barbell					
<b>Watch:</b> BP Generosity _____		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
<b>Read:</b> Bible: 2 Corinthians 7-8 _____ Johnny Got His Gun _____		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
<b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____		<b>OR (Barbell Only)</b>					
		<b>General Cardio</b> Minutes _____					
		Notes:					

Additional Notes:

		Minimalist		Barbell		
313	<b>Read:</b> Bible: 2 Corinthians 9-10 _____ Johnny Got His Gun _____ <b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____

Notes:

314	<b>Read:</b> Bible: 2 Corinthians 11-13 _____ Johnny Got His Gun _____	<b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____	Notes:
315	<b>Watch:</b> BP Overview: Galatians _____ <b>Read:</b> Bible: Galatians 1-2 _____ Johnny Got His Gun _____	<b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____ Given the time and effort you can accomplish anything, what is holding you back?	Notes:

Additional Notes:

316		Minimalist		Barbell			
Bible: Galatians 3-4 _____		<b>KB Swings</b> KB Weight _____	(up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
Finish Johnny Got His Gun _____		Reps per minute _____		OR	50% _____	75% _____	100% _____
<b>Consider:</b>		Minutes			100% _____	90% _____	80% _____
What good shall I do today? _____				<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
Sincerity _____					50% _____	75% _____	100% _____
Your diet _____				OR	100% _____	90% _____	80% _____
What good have I done today? _____				<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
					50% _____	75% _____	100% _____
		Set 1	Set 2	Set 3	Set 4	Set 5	
		<b>KB Squat</b>	KB Weight _____	OR	100% _____	90% _____	80% _____
		Set 1	Set 2	Set 3	Set 4	Set 5	

Notes:

317		Minimalist AND Kettlebell AND Barbell					
Bible: Galatians 5-6 _____		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
The Kyballion _____		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
<b>Consider:</b>		<b>OR (Barbell Only)</b>					
What good shall I do today? _____		<b>General Cardio Minutes</b>					
Sincerity _____		Notes:					
Your diet _____							
What good have I done today? _____							

Additional Notes:

		Minimalist		Barbell		
318	<b>Watch:</b> BP Overview: Ephesians _____ <b>Read:</b> Bible: Ephesians 1-2 _____ The Kyballion _____ <b>Consider:</b> What good shall I do today? _____ Sincerity _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____	<b>Bench Press</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		Set 1 Set 2 Set 3 Set 4 Set 5				
		<b>KB Squat</b> KB Weight _____	<b>Deadlift</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		Set 1 Set 2 Set 3 Set 4 Set 5				

Notes:

319	<b>Watch:</b> BP Shalom - Peace _____ <b>Read:</b> Bible: Ephesians 3-4 _____ The Kyballion _____ <b>Consider:</b> What good shall I do today? _____ Sincerity _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio Minutes</b>  Notes:
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Additional Notes:

<b>320</b> <b>Read:</b> Bible: Ephesians 5-6 _____ The Kyballion _____ <b>Consider:</b> What good shall I do today? _____ Sincerity _____ Your diet _____ What good have I done today? _____		<b>Minimalist</b> <b>KB Swings</b> KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____		<b>Barbell</b> <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5		<b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5		<b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	

Notes:

<b>321</b> <b>Watch:</b> BP Overview: Philippians _____ <b>Read:</b> Bible: Philippians 1-2 _____ The Kyballion _____	<b>Consider:</b> What good shall I do today? _____ Sincerity _____ Your diet _____ What good have I done today? _____	<b>Notes:</b>
<b>322</b> <b>Watch:</b> BP Joy _____ <b>Read:</b> Bible: Philippians 3-4 _____ The Kyballion _____	<b>Consider:</b> What good shall I do today? _____ Sincerity _____ Your diet _____ What good have I done today? _____ What have you learned that conflicts with your beliefs?	<b>Notes:</b>

Additional Notes:

323		Minimalist		Barbell			
<b>Watch:</b> BP Overview: Colossians _____		<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)		<b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____		50% _____ 75% _____ 100% _____	
<b>Read:</b> Bible: Colossians 1-2 _____		Reps per minute _____		OR 100% _____ 90% _____ 80% _____		Minutes	
The Kyballion _____		<b>Kettlebell</b>		<b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____		50% _____ 75% _____ 100% _____	
<b>Consider:</b> What good shall I do today? _____		<b>Kettlebell Press</b> KB Weight _____		OR 100% _____ 90% _____ 80% _____		Minutes	
Justice _____		Set 1 Set 2 Set 3 Set 4 Set 5		<b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____		50% _____ 75% _____ 100% _____	
Your diet _____		<b>KB Squat</b> KB Weight _____		OR 100% _____ 90% _____ 80% _____		Set 1 Set 2 Set 3 Set 4 Set 5	
What good have I done today? _____		Set 1 Set 2 Set 3 Set 4 Set 5		Minutes		Set 1 Set 2 Set 3	

Notes:

324		Minimalist AND Kettlebell AND Barbell					
<b>Read:</b> Bible: Colossians 3-4 _____		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
The Kyballion _____		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
<b>Consider:</b> What good shall I do today? _____		<b>OR (Barbell Only)</b>					
Justice _____		<b>General Cardio Minutes</b>					
Your diet _____		Notes:					
What good have I done today? _____							

Additional Notes:

325		Minimalist		Barbell			
<b>Watch:</b> BP Overview: 1 Thessalonians _____		<b>KB Swings</b> KB Weight _____ (up to 20 minutes)				<b>Squat</b>	Set 1 Reps _____
<b>Read:</b> Bible: 1 Thessalonians 1-2 _____ Finish The Kyballion _____		Reps per minute _____ Minutes _____				OR	50% _____
<b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____		<b>Kettlebell</b>				<b>Bench Press</b>	75% _____
		<b>Kettlebell Press</b> KB Weight _____				OR	100% _____
		Set 1 Set 2 Set 3 Set 4 Set 5				<b>Deadlift</b>	Set 2 Reps _____
		<b>KB Squat</b> KB Weight _____				OR	Set 3 Reps _____
		Set 1 Set 2 Set 3 Set 4 Set 5				50% _____	100% _____
		OR 100% _____				90% _____	80% _____

Notes:

326		Minimalist AND Kettlebell AND Barbell					
<b>Read:</b> Bible: 1 Thessalonians 3-4 _____ The Creature from Jekyll Island _____		<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____					
<b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____					
		<b>OR (Barbell Only)</b>					
		<b>General Cardio Minutes</b>					
		<b>Notes:</b>					

Additional Notes:

		Minimalist		Barbell		
327	<b>Read:</b> Bible: 1 Thessalonians 5 _____ The Creature from Jekyll Island _____ <b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  Set 1 Reps 100% _____ Set 2 Reps 90% _____ Set 3 Reps 80% _____		
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  Set 1 Reps 100% _____ Set 2 Reps 90% _____ Set 3 Reps 80% _____		
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  Set 1 Reps 100% _____ Set 2 Reps 90% _____ Set 3 Reps 80% _____		

Notes:

328	<b>Watch:</b> BP Overview: 2 Thessalonians _____ <b>Read:</b> Bible: 2 Thessalonians 1-3 _____ The Creature from Jekyll Island	<b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____	Notes:
329	<b>Watch:</b> BP 1 Timothy _____ <b>Read:</b> Bible: 1 Timothy 1-2 _____ The Creature from Jekyll Island _____	<b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____ Which of your beliefs are holding you back?	Notes:

Additional Notes:

		Minimalist		Barbell							
330	<b>Watch:</b>	BP Public Reading of Scripture _____	<b>KB Swings</b> KB _____	KB Weight	_____						
	<b>Read:</b>	Bible: 1 Timothy 3-4 _____	(up to 20 minutes)		<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps			
		The Creature from Jekyll Island _____			50%	_____	75%	_____	100%	_____	
	<b>Consider:</b>	What good shall I do today? _____	Reps per minute _____		OR	100%	_____	90%	_____	80%	_____
		Moderation _____	Minutes		<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps			
		Your diet _____				50%	_____	75%	_____	100%	_____
		What good have I done today? _____	<b>Kettlebell</b>		OR	100%	_____	90%	_____	80%	_____
					<b>Kettlebell Press</b>	KB Weight	_____				
			Set 1 Set 2 Set 3 Set 4 Set 5		<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps			
			KB Weight		OR	50%	_____	75%	_____	100%	_____
			Set 1 Set 2 Set 3 Set 4 Set 5			100%	_____	90%	_____	80%	_____

Notes:

		Minimalist AND Kettlebell AND Barbell				
331	<b>Read:</b>	Bible: 1 Timothy 5-6 _____	<b>KB Getups</b> (up to 10 minutes) KB Weight	_____	Reps Left	Reps Right
		The Creature from Jekyll Island _____				
	<b>Consider:</b>	What good shall I do today? _____	<b>KB Swings</b> (up to 10 minutes) KB Weight	_____	Reps Per minute	Minutes
		Moderation _____				
		Your diet _____				
		What good have I done today? _____				

		Minimalist		Barbell		
332	<b>Watch:</b> BP Overview: 2 Timothy _____ <b>Read:</b> Bible: 2 Timothy 1-4 _____ The Creature from Jekyll Island _____ <b>Consider:</b> What good shall I do today? _____ Moderation _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____	<b>Bench Press</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		Set 1 Set 2 Set 3 Set 4 Set 5				
		<b>KB Squat</b> KB Weight _____	<b>Deadlift</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		Set 1 Set 2 Set 3 Set 4 Set 5				

Notes:

333	<b>Watch:</b> BP Overview: Titus _____ <b>Read:</b> Bible: Titus 1-3 _____ The Creature from Jekyll Island _____ <b>Consider:</b> What good shall I do today? _____ Moderation _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio Minutes</b>  Notes:
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Additional Notes:

		Minimalist		Barbell		
334	<b>Watch:</b> BP Overview Philemon _____	<b>KB Swings</b> KB _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
	<b>Read:</b> Bible: Philemon 1 _____	50% _____	75% _____	100% _____		
	The Creature from Jekyll Island _____	OR 100% _____	90% _____	80% _____		
	<b>Consider:</b> What good shall I do today? _____	<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps	
	Moderation _____	50% _____	75% _____	100% _____		
	Your diet _____	OR 100% _____	90% _____	80% _____		
	What good have I done today? _____	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps	
		50% _____	75% _____	100% _____		
		OR 100% _____	90% _____	80% _____		

		Minimalist		Barbell		
337	<b>Read:</b> Bible: Hebrews 5-6 _____ The Creature from Jekyll Island _____ <b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b>  OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b>  OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b>  OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____

Notes:

		Minimalist AND Kettlebell AND Barbell			
338	<b>Read:</b> Bible: Hebrews 7-8 _____ The Creature from Jekyll Island _____ <b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____			
		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____			
		<b>OR (Barbell Only)</b>			
		<b>General Cardio Minutes</b>			
		<b>Notes:</b>			

Additional Notes:

		Minimalist		Barbell		
339	<b>Read:</b> Bible: Hebrews 9-10 _____ The Creature from Jekyll Island _____ <b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b>  OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b>  OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b>  OR	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____

Notes:

340	<b>Read:</b> Bible: Hebrews 11-13 _____ The Creature from Jekyll Island _____ <b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio Minutes</b>  Notes:
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Additional Notes:

		Minimalist		Barbell		
341	<b>Read:</b> Bible: James 1-3 _____ The Creature from Jekyll Island _____	<b>KB Swings</b> KB _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
				Set 1 Reps 100% _____	Set 2 Reps 90% _____	Set 3 Reps 80% _____

Notes:

342	<b>Read:</b> Bible: James 4-5 _____ The Creature from Jekyll Island _____	<b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____	<b>Notes:</b>
343	<b>Watch:</b> BP Overview: 1 Peter _____ <b>Read:</b> Bible: 1 Peter 1-2 _____ The Creature from Jekyll Island _____	<b>Consider:</b> What good shall I do today? _____ Cleanliness _____ Your diet _____ What good have I done today? _____ What truths have you discovered?	<b>Notes:</b>

Additional Notes:

		Minimalist		Barbell		
344	<b>Read:</b> Bible: 1 Peter 3-5 _____ The Creature from Jekyll Island _____ <b>Consider:</b> What good shall I do today? _____ Tranquility _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		

Notes:

345	<b>Watch:</b> BP Overview 2 Peter _____ <b>Read:</b> Bible: 2 Peter 1-3 _____ The Creature from Jekyll Island _____ <b>Consider:</b> What good shall I do today? _____ Tranquility _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio Minutes</b>  Notes:
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Additional Notes:

		Minimalist		Barbell		
346	<b>Watch:</b> BP Overview 1-3 John _____ <b>Read:</b> Bible: 1 John 1-2 _____ The Creature from Jekyll Island _____ <b>Consider:</b> What good shall I do today? _____ Tranquility _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____	<b>Bench Press</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		Set 1 Set 2 Set 3 Set 4 Set 5				
		<b>KB Squat</b> KB Weight _____	<b>Deadlift</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		Set 1 Set 2 Set 3 Set 4 Set 5				

Notes:

347	<b>Watch:</b> BP Agape - Love _____ <b>Read:</b> Bible: 1 John 3-5 _____ The Creature from Jekyll Island _____ <b>Consider:</b> What good shall I do today? _____ Tranquility _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio Minutes</b>  Notes:
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Additional Notes:

		Minimalist		Barbell			
348	<b>Read:</b>	Bible: 2 John 1 _____, 3 John 1 _____ The Creature from Jekyll Island _____	<b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
	<b>Consider:</b>	What good shall I do today? _____ Tranquility _____ Your diet _____ What good have I done today? _____	Reps per minute _____ Minutes _____	OR	50% _____	75% _____	100% _____
			<b>Kettlebell</b>	<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
			<b>Kettlebell Press</b> KB Weight _____	OR	50% _____	75% _____	100% _____
			Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
			<b>KB Squat</b> KB Weight _____	OR	50% _____	75% _____	100% _____
			Set 1 Set 2 Set 3 Set 4 Set 5		100% _____	90% _____	80% _____

Notes:

349	<b>Watch:</b>	BP Overview: Jude _____	<b>Consider:</b> What good shall I do today? _____ Tranquility _____ Your diet _____ What good have I done today? _____	Notes:
Read:		Bible: Jude 1 _____ The Creature from Jekyll Island _____		
350	<b>Watch:</b>	BP Overview: Revelation Ch. 1-11 _____	<b>Consider:</b> What good shall I do today? _____ Tranquility _____ Your diet _____ What good have I done today? _____ What lies have you believed in?	Notes:
Read:		Bible: Revelation 1-3 _____ The Creature from Jekyll Island _____		

Additional Notes:

		Minimalist		Barbell		
351	<b>Watch:</b> BP How to Read the Bible: Apocalyptic Literature_____	<b>KB Swings</b> KB Weight_____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
	<b>Read:</b> Bible: Revelation 4-6_____	Reps per minute_____	OR	50%_____	75%_____	100%_____
	The Creature from Jekyll Island_____	Minutes		100%_____	90%_____	80%_____
	<b>Consider:</b> What good shall I do today?_____	<b>Kettlebell</b>	<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
	Chastity_____	<b>Kettlebell Press</b> KB Weight_____	OR	50%_____	75%_____	100%_____
	Your diet_____	Set 1 Set 2 Set 3 Set 4 Set 5		100%_____	90%_____	80%_____
	What good have I done today?_____	<b>KB Squat</b> KB Weight_____	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
		Set 1 Set 2 Set 3 Set 4 Set 5	OR	50%_____	75%_____	100%_____
				100%_____	90%_____	80%_____

Notes:

		Minimalist AND Kettlebell AND Barbell				
352	<b>Read:</b> Bible: Revelation 7-9_____	<b>KB Getups</b> (up to 10 minutes) KB Weight_____ Reps Left_____ Reps Right_____				
	The Creature from Jekyll Island_____	<b>KB Swings</b> (up to 10 minutes) KB Weight_____ Reps Per minute_____ Minutes_____				
	<b>Consider:</b> What good shall I do today?_____	<b>OR (Barbell Only)</b>				
	Chastity_____	<b>General Cardio</b> Minutes_____				
	Your diet_____	Notes:				

Additional Notes:

		Minimalist		Barbell		
353	<b>Read:</b> Bible: Revelation 10-11 _____ The Creature from Jekyll Island _____ <b>Consider:</b> What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		
		<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____ Set 2 Reps 75% _____ Set 3 Reps 100% _____  100% _____ 90% _____ 80% _____		

Notes:

354	<b>Watch:</b> BP Overview: Revelation Ch. 12-22 _____ <b>Read:</b> Bible: Revelation 12-13 _____ Finish The Creature from Jekyll Island _____ <b>Consider:</b> What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____	<b>Minimalist AND Kettlebell AND Barbell</b>  <b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____  <b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____  <b>OR (Barbell Only)</b>  <b>General Cardio Minutes</b>  Notes:
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Additional Notes:

		Minimalist		Barbell		
355	<b>Read:</b> Bible: Revelation 14-16 _____ The Open Source Everything Manifesto _____ <b>Consider:</b> What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps 50% _____	Set 2 Reps 75% _____	Set 3 Reps 100% _____
				Set 1 Reps 100% _____	Set 2 Reps 90% _____	Set 3 Reps 80% _____

Notes:

356	<b>Read:</b> Bible: Revelation 17-18 _____ The Open Source Everything Manifesto _____	<b>Consider:</b> What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____	<b>Notes:</b>
357	<b>Read:</b> Bible: Revelation 19-20 _____ The Open Source Everything Manifesto _____	<b>Consider:</b> What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____ Given the time and effort you can accomplish anything, what is holding you back?	<b>Notes:</b>

Additional Notes:

		Minimalist		Barbell		
358	<b>Watch:</b> BP Heaven and Earth _____	<b>KB Swings</b> KB	KB Weight _____ (up to 20 minutes)	<b>Squat</b>	Set 1 Reps	Set 2 Reps
	<b>Read:</b> Finish Bible: Revelation 21-22 _____	Reps per minute _____		50% _____	75% _____	100% _____
	The Open Source Everything Manifesto _____	Minutes	<b>OR</b>	100% _____	90% _____	80% _____
	<b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____	<b>Kettlebell</b>		<b>Bench Press</b>	Set 1 Reps	Set 2 Reps
		<b>Kettlebell Press</b>	KB Weight _____	OR	50% _____	75% _____
		Set 1	Set 2	Set 3	Set 4	Set 5
		<b>KB Squat</b>	KB Weight _____	<b>Deadlift</b>	Set 1 Reps	Set 2 Reps
		Set 1	Set 2	Set 3	Set 4	Set 5

Notes:

359	<b>Read:</b> The Open Source Everything Manifesto _____	<b>Minimalist AND Kettlebell AND Barbell</b>				
	<b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____				
		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____				
		<b>OR (Barbell Only)</b>				
		<b>General Cardio Minutes</b>				
		Notes:				

Additional Notes:

		Minimalist		Barbell	
360	<b>Read:</b> The Open Source Everything Manifesto _____ <b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____	<b>KB Swings</b> KB _____ (up to 20 minutes) Reps per minute _____ Minutes _____	<b>Squat</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____
				Set 3 Reps _____ 100% _____ 80% _____	
		<b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____
				Set 3 Reps _____ 100% _____ 80% _____	
		<b>KB Squat</b> KB Weight _____ Set 1 Set 2 Set 3 Set 4 Set 5	<b>Deadlift</b> OR	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____
				Set 3 Reps _____ 100% _____ 80% _____	

Notes:

		Minimalist AND Kettlebell AND Barbell			
361	<b>Read:</b> The Open Source Everything Manifesto _____ <b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____	<b>KB Getups</b> (up to 10 minutes) KB Weight _____ Reps Left _____ Reps Right _____			
		<b>KB Swings</b> (up to 10 minutes) KB Weight _____ Reps Per minute _____ Minutes _____			
			<b>OR (Barbell Only)</b>		
		<b>General Cardio Minutes</b>			
		Notes:			

Additional Notes:

362	<p><b>Read:</b> The Open Source Everything Manifesto _____</p> <p><b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____</p>	<p><b>Minimalist</b></p> <p><b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)</p> <p>Reps per minute _____ Minutes _____</p> <p><b>Kettlebell</b></p> <p><b>Kettlebell Press</b> KB Weight _____</p> <p>Set 1 Set 2 Set 3 Set 4 Set 5</p> <p><b>KB Squat</b> KB Weight _____</p> <p>Set 1 Set 2 Set 3 Set 4 Set 5</p>	<p><b>Barbell</b></p> <p><b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____</p> <p>OR 100% _____ 90% _____ 80% _____</p> <p><b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____</p> <p>OR 100% _____ 90% _____ 80% _____</p> <p><b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____</p> <p>OR 100% _____ 90% _____ 80% _____</p>
			<p><b>Notes:</b></p>
363	<p><b>Read:</b> The Open Source Everything Manifesto _____</p>	<p><b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____</p>	<p><b>Notes:</b></p>
364	<p><b>Read:</b> The Open Source Everything Manifesto _____</p>	<p><b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____</p>	<p><b>Notes:</b></p>
365	<p><b>Read:</b> Finish The Open Source Everything Manifesto _____</p> <p><b>Task:</b> Start your garden _____</p>	<p><b>Consider:</b> What good shall I do today? _____ Humility _____ Your diet _____ What good have I done today? _____ How much you have learned and developed</p>	<p><b>Take a short break.</b></p> <p><b>Consider how far you have come and then pick up again with the self-paced further work.</b></p> <p><b>Adjust your training program as you see fit. You now know how.</b></p> <p><b>Continue developing yourself. You've done great work so far!</b></p>

**Additional Notes:**

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