

# **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 uncleanness 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	<b>Watch:</b> *Bible Project (BP) Tree of Life____ <b>Read:</b> Bible:* Genesis 1-3____, Psalm 1____ Start Enter the Kettlebell____ <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.	Notes:
2	<b>Watch:</b> BP Torah: The Book of Genesis – part 1 of 2____ <b>Read:</b> Bible: Genesis 4-7____ Enter the Kettlebell____ <b>Consider:</b> What good shall I do today?____ Temperance____ Your diet____ What good have I done today?____	Notes:
3	<b>Watch:</b> BP How to Read the Bible: Biblical Story____ <b>Read:</b> Bible: Genesis 8-1____, Psalm 2____ Enter the Kettlebell____ <b>Consider:</b> What good shall I do today?____ Temperance____ Your diet____ What good have I done today?____	Notes:

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

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

12	<b>Read:</b> Bible: Genesis 38-40 ____ Enter the Kettlebell ____ <b>Consider:</b> What good shall I do today? ____ Silence ____ Your diet ____ What good have I done today? ____	<b>Notes:</b>	
13	<b>Read:</b> Bible: Genesis 41-42 ____, Psalm 7 ____ Enter the Kettlebell ____	<b>Consider:</b> What good shall I do today? ____ Silence ____ Your diet ____ What good have I done today? ____	<b>Notes:</b>
14	<b>Read:</b> Bible: Genesis 43-45 ____ Finish Enter the Kettlebell ____	<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?	<b>Notes:</b>

**Additional Notes:**

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

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 (up to 10 minutes)</b> 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?____	<b>Notes:</b>
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?	<b>Notes:</b>
<b>Additional Notes:</b>			

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

26	<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 (up to 10 minutes)</b> KB Weight _____    Reps Left _____    Reps Right _____ <b>Notes:</b>	
27	<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>Notes:</b>
28	<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? _____	<b>Notes:</b>
<b>Additional Notes:</b>			



29	<b>Read:</b> Bible: Exodus 35-40____, Psalm 14____ <b>Watch:</b> 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?____	<b>Program Minimum (Enter the Kettlebell)</b>  <b>Warmup (face the wall squats, halos, pumps)</b> KB Weight____ 10 Minutes____  <b>KB Swings (12 minutes)</b> KB Weight____ Time____ <b>Notes:</b>	
30	<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?____	<b>Program Minimum (Enter the Kettlebell)</b>  <b>Warmup (face the wall squats, halos, pumps)</b> KB Weight____ 10 Minutes____  <b>KB Getups (up to 10 minutes)</b> KB Weight____ Reps Left____ Reps Right____ <b>Notes:</b>	
31	<b>Watch:</b> BP Sacrifice and Atonement____ <b>Read:</b> Bible: Leviticus 5-7____, Psalm 15____ In Defense of Food____	<b>Consider:</b> What good shall I do today?____ Frugality____ Your diet____ What good have I done today?____	<b>Notes:</b>
32	<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?____	<b>Program Minimum (Enter the Kettlebell)</b>  <b>Warmup (face the wall squats, halos, pumps)</b> KB Weight____ 10 Minutes____  <b>KB Swings (12 minutes)</b> KB Weight____ Time____ <b>Notes:</b>	
<b>Additional Notes:</b>			

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

36	<b>Read:</b> Bible: Leviticus 19-20 _____ 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 Swings</b> (12 minutes) KB Weight _____ Time _____ <b>Notes:</b>	
37	<b>Read:</b> Bible: Leviticus 21-23 _____, Psalm 18 _____ 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>	
38	<b>Read:</b> Bible: Leviticus 24-25 _____ In Defense of Food _____	<b>Consider:</b> What good shall I do today? _____ Industry _____ Your diet _____ What good have I done today? _____	<b>Notes:</b>
39	<b>Watch:</b> BP Overview: Leviticus _____ <b>Read:</b> Bible: Leviticus 26-27 _____, Psalm 19 _____ 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 Swings</b> (12 minutes) KB Weight _____ Time _____ <b>Notes:</b>	
<b>Additional Notes:</b>			

40	<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>	
41	<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>Notes:</b>
42	<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>Notes:</b>
<b>Additional Notes:</b>			

43	<b>Read:</b> Bible: Numbers 11-13____, Psalm 21____ In Defense of Food____ <b>Consider:</b> What good shall I do today?____ Sincerity____ 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 Swings</b> (12 minutes) KB Weight____ Time____ <b>Notes:</b>	
44	<b>Read:</b> Bible: Numbers 14-16____ In Defense of Food____ <b>Consider:</b> What good shall I do today?____ Sincerity____ 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>	
45	<b>Read:</b> Bible: Numbers 17-18____, Psalm 22____ Finish In Defense of Food____	<b>Consider:</b> What good shall I do today?____ Sincerity____ Your diet____ What good have I done today?____	<b>Notes:</b>
46	<b>Read:</b> Bible: Numbers 19-21____ *The Art of Simple Food____ <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.	<b>Program Minimum (Enter the Kettlebell)</b>  <b>Warmup (face the wall squats, halos, pumps)</b> KB Weight____ 10 Minutes____ <b>KB Swings</b> (12 minutes) KB Weight____ Time____ <b>Notes:</b>	
<b>Additional Notes:</b>			

47	<b>Read:</b> Bible: Numbers 22-24____, Psalm 23____ The Art of Simple Food____ <b>Consider:</b> What good shall I do today?____ Sincerity____ 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____  KB Getups (up to 10 minutes) KB Weight____ Reps Left____ Reps Right____	
		<b>Notes:</b>	
48	<b>Read:</b> Bible: Numbers 25-27____ The Art of Simple Food____	<b>Consider:</b> What good shall I do today?____ Sincerity____ Your diet____ What good have I done today?____	<b>Notes:</b>
49	<b>Read:</b> Bible: Numbers 28-30____, Psalm 24____ The Art of Simple Food____	<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>
<b>Additional Notes:</b>			

50	<b>Read:</b> Bible: Numbers 31-32____ The Art of Simple Food____ <b>Consider:</b> What good shall I do today?____ Justice____ 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 Swings</b> (12 minutes) KB Weight____ Time____ <b>Notes:</b>	
51	<b>Read:</b> Bible: Numbers 33-34____, Psalm 25____ The Art of Simple Food____ <b>Consider:</b> What good shall I do today?____ Justice____ 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>	
52	<b>Watch:</b> BP Overview: Numbers____ <b>Read:</b> Bible: Numbers 35-36____ Finish The Art of Simple Food____	<b>Consider:</b> What good shall I do today?____ Justice____ Your diet____ What good have I done today?____	<b>Notes:</b>
53	<b>Watch:</b> BP Torah: The Book of Deuteronomy____ <b>Read:</b> Bible: Deuteronomy 1-3____, Psalm 26____ Power to the People____ <b>Consider:</b> What good shall I do today?____ Justice____ 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 Swings</b> (12 minutes) KB Weight____ Time____ <b>Notes:</b>	
<b>Additional Notes:</b>			

54	<b>Watch:</b> BP Shema _____ <b>Read:</b> Bible: Deuteronomy 4-6 _____ Power to the People _____ <b>Consider:</b> What good shall I do today? _____ Justice _____ 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 (up to 10 minutes)</b> KB Weight _____ Reps Left _____ Reps Right _____ <b>Notes:</b>	
55	<b>Watch:</b> BP YHWH - Lord _____ <b>Read:</b> Bible: Deuteronomy 7-9 _____, Psalm 27 _____ Power to the People _____	<b>Consider:</b> What good shall I do today? _____ Justice _____ Your diet _____ What good have I done today? _____	<b>Notes:</b>
56	<b>Watch:</b> BP Love _____ <b>Read:</b> Bible: Deuteronomy 10-12 _____ Power to the People _____	<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? _____	<b>Notes:</b>
<b>Additional Notes:</b>			



57	<b>Watch:</b> BP Heart _____ <b>Read:</b> Bible: Deuteronomy 13-14 _____, Psalm 28 _____ 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 Swings</b> (12 minutes) KB Weight _____ Time _____ <b>Notes:</b>	
58	<b>Watch:</b> BP Soul _____ <b>Read:</b> Bible: Deuteronomy 15-16 _____ 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>	
59	<b>Watch:</b> BP Strength _____ <b>Read:</b> Bible: Deuteronomy 17-20 _____, Psalm 29 _____ Power to the People _____	<b>Consider:</b> What good shall I do today? _____ Moderation _____ Your diet _____ What good have I done today? _____	<b>Notes:</b>
60	<b>Read:</b> Bible: Deuteronomy 21-23 _____ <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 Swings</b> (12 minutes) KB Weight _____ Time _____ <b>Notes:</b>	
<b>Additional Notes:</b>			

61	<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 (up to 10 minutes)</b> KB Weight _____ Reps Left _____ Reps Right _____	
		<b>Notes:</b>	
62	<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>Notes:</b>
63	<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>Notes:</b>
<b>Additional Notes:</b>			

64	<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?____	<b>Minimalist</b>  <b>KB Swings</b> KB      KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Barbell</b>			
	<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR      100%____      90%____      80%____	<b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR      100%____      90%____      80%____	<b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR      100%____      90%____      80%____		
<b>Notes:</b>						
65	<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?____	<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>					
<b>Additional Notes:</b>						

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>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% _____			
		Set 1    Set 2    Set 3    Set 4    Set 5								
<b>Notes:</b>										
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 _____								
		<b>Notes:</b>								
<b>Additional Notes:</b>										

68	<b>Read:</b> Bible: Joshua 13-21____ 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</b>  <b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Barbell</b>			
		<b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Squat</b>	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>KB Squat</b> KB Weight____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Bench Press</b>	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>	Set 1 Reps 50%____ 100%____	Set 2 Reps 75%____ 90%____	Set 3 Reps 100%____ 80%____
<b>Notes:</b>						
69	<b>Read:</b> Bible: Joshua 22-24____, Psalm 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?____	<b>Notes:</b>			
70	<b>Watch:</b> BP Overview: Judges____ <b>Read:</b> Bible: Judges 1-3____ 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?____ What lies have you believed in?____	<b>Notes:</b>			
<b>Additional Notes:</b>						

71	<b>Read:</b> Bible: Judges 4-5____, Psalm 35____ 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>Minimalist</b>  <b>KB Swings</b> KB      KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____ <b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____
	<b>Notes:</b>		
72	<b>Watch:</b> BP How to <b>Read</b> the Bible: Plot____ <b>Read:</b> Bible: Judges 6-8____ 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>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>	
	<b>Additional Notes:</b>		

73	<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?____	<b>Minimalist</b>  <b>KB Swings</b> KB      KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____ <b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____
	<b>Notes:</b>		
74	<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?____	<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>	
	<b>Additional Notes:</b>		

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>Minimalist</b>  <b>KB Swings</b> KB      KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>		
		<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>KB Squat</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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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	<b>Deadlift</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____		
<b>Notes:</b>					
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? _____	<b>Notes:</b>		
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?	<b>Notes:</b>		
<b>Additional Notes:</b>					



78	<b>Watch:</b> BP Overview: 1 Samuel _____ <b>Read:</b> Bible: 1 Samuel 1-3 _____ 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 _____  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:								
79	<b>Read:</b> Bible: 1 Samuel 4-8 _____, Psalm 39 _____ 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 _____ Notes:								
		Additional Notes:								

80	<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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
81	<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>	
<b>Additional Notes:</b>			

82	<b>Read:</b> Bible: 1 Samuel 15-17 _____ 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>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b>	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>	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>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
<b>Notes:</b>						
83	<b>Read:</b> Bible: 1 Samuel 18-20 _____, Psalm 41 _____ 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>Notes:</b>			
84	<b>Read:</b> Bible: 1 Samuel 21-24 _____ 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? _____ What have you learned that conflicts with your beliefs? _____	<b>Notes:</b>			
<b>Additional Notes:</b>						

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>Minimalist</b>  <b>KB Swings</b> KB ____ KB Weight ____ (up to 20 minutes)  Reps per minute ____ Minutes ____ <b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight ____  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 ____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps ____ Set 2 Reps ____ Set 3 Reps ____ 50% ____ 75% ____ 100% ____ OR 100% ____ 90% ____ 80% ____  <b>Bench Press</b> Set 1 Reps ____ Set 2 Reps ____ Set 3 Reps ____ 50% ____ 75% ____ 100% ____ OR 100% ____ 90% ____ 80% ____  <b>Deadlift</b> Set 1 Reps ____ Set 2 Reps ____ Set 3 Reps ____ 50% ____ 75% ____ 100% ____ OR 100% ____ 90% ____ 80% ____
	<b>Notes:</b>		
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>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>		
<b>Additional Notes:</b>			

87	<b>Watch:</b> BP Overview: 2 Samuel ____ <b>Read:</b> Bible: 2 Samuel 1-3 ____, Psalm 32 ____ 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>Minimalist</b>  <b>KB Swings</b> KB ____ KB Weight ____ (up to 20 minutes)  Reps per minute ____ Minutes ____  <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight ____  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 ____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps ____ Set 2 Reps ____ Set 3 Reps ____ 50% ____ 75% ____ 100% ____ OR 100% ____ 90% ____ 80% ____  <b>Bench Press</b> Set 1 Reps ____ Set 2 Reps ____ Set 3 Reps ____ 50% ____ 75% ____ 100% ____ OR 100% ____ 90% ____ 80% ____  <b>Deadlift</b> Set 1 Reps ____ Set 2 Reps ____ Set 3 Reps ____ 50% ____ 75% ____ 100% ____ OR 100% ____ 90% ____ 80% ____
	<b>Notes:</b>		
	88	<b>Read:</b> Bible: 2 Samuel 4-8 ____ Finish The Trivium ____ OR <b>Listen:</b> Finish 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>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>
<b>Additional Notes:</b>			

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____
	<b>Notes:</b>		
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____	<b>Notes:</b>

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>
<b>Additional Notes:</b>			

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>Minimalist</b>  <b>KB Swings</b> KB      KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____
	<b>Notes:</b>		
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</b> Minutes____ <b>Notes:</b>	
	<b>Additional Notes:</b>		



94	<b>Watch:</b> BP Overview: 1-2 Kings _____ <b>Read:</b> Bible: 1 Kings 1-3 _____ 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</b>  <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>				
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1   Set 2   Set 3   Set 4   Set 5	<b>Squat</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>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR   100% _____ 90% _____ 80% _____				
		<b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR   100% _____ 90% _____ 80% _____					
<b>Notes:</b>							
95	<b>Read:</b> Bible: 1 Kings 4-7 _____, Psalm 47 _____ 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</b> Minutes _____					
		<b>Notes:</b>					
		<b>Additional Notes:</b>					

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>Minimalist</b>  <b>KB Swings</b> KB      KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>KB Squat</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>KB Squat</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% _____			
		<b>Notes:</b>				
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? _____	<b>Notes:</b>			
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? _____	<b>Notes:</b>			
<b>Additional Notes:</b>						

99	<b>Read:</b> Bible: 1 Kings 17-19____, Psalm 49____ None Dare Call It Conspiracy____ <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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____
	<b>Notes:</b>		
100	<b>Read:</b> Bible: 1 Kings 20-22____ None Dare Call It Conspiracy____ <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</b> Minutes____ <b>Notes:</b>	
	<b>Additional Notes:</b>		

101	<b>Read:</b> Bible: 2 Kings 1-3____, Psalm 50____ Finish None Dare Call It Conspiracy____ <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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____
	<b>Notes:</b>		
102	<b>Read:</b> Bible: 2 Kings 4-7____ The One Straw Revolution____ <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</b> Minutes____ <b>Notes:</b>	
	<b>Additional Notes:</b>		

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Barbell</b>			
		<b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Squat</b>	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>	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>	Set 1 Reps 50%____ 100%____	Set 2 Reps 75%____ 90%____	Set 3 Reps 100%____ 80%____
		<b>Notes:</b>				
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?____	<b>Notes:</b>			
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?____	<b>Notes:</b>			
<b>Additional Notes:</b>						

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>Minimalist</b>  <b>KB Swings</b> KB      KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____
	<b>Notes:</b>		
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</b> Minutes____ <b>Notes:</b>	
	<b>Additional Notes:</b>		

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>Minimalist</b>  <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
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 _____ <b>Notes:</b>	
<b>Additional Notes:</b>			

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>Minimalist</b>  <b>KB Swings</b> KB      KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>KB Squat</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>KB Squat</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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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	<b>Deadlift</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____			
		<b>Notes:</b>				
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? _____	<b>Notes:</b>			
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? _____	<b>Notes:</b>			
<b>Additional Notes:</b>						



113	<b>Watch:</b> BP The Divine Council _____ <b>Read:</b> Bible: Isaiah 18-22_____, Psalm 56 _____ The One Straw Revolution _____ <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      KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>				
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1    Set 2    Set 3    Set 4    Set 5	<b>Squat</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>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____				
		<b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____					
<b>Notes:</b>							
114	<b>Watch:</b> BP Angels and Cherubim _____ <b>Read:</b> Bible: Isaiah 23-27 _____ Finish The One Straw Revolution _____ <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>					
<b>Additional Notes:</b>							

115	<b>Watch:</b> BP Angels of the Lord _____ <b>Read:</b> Bible: Isaiah 28-30 _____, Psalm 57 _____ Pottenger's Prophecy _____ <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 _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____ <b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
116	<b>Watch:</b> BP The Satan and Demons _____ <b>Read:</b> Bible: Isaiah 31-35 _____ Pottenger's Prophecy _____ <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>		
<b>Additional Notes:</b>			

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Barbell</b>			
		<b>KB Squat</b> KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Squat</b>	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>	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>	Set 1 Reps 50%____ 100%____	Set 2 Reps 75%____ 90%____	Set 3 Reps 100%____ 80%____
		<b>Notes:</b>				
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?	<b>Notes:</b>			
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?	<b>Notes:</b>			
<b>Additional Notes:</b>						

120	<b>Read:</b> Bible: Isaiah 45-48____ Pottenger's Prophecy____ <b>Consider:</b> What good shall I do today?____ Frugality____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____
	<b>Notes:</b>		
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</b> Minutes____ <b>Notes:</b>	
<b>Additional Notes:</b>			

122	<b>Watch:</b> BP Gospel of the Kingdom _____ <b>Read:</b> Bible: Isaiah 52-54 _____ Pottenger's Prophecy _____ <b>Consider:</b> What good shall I do today? _____ Frugality _____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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	<b>Squat</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____			
			<b>Bench Press</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____			
		<b>Deadlift</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____				
<b>Notes:</b>						
123	<b>Read:</b> Bible: Isaiah 55-57 _____, Psalm 61 _____ 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</b> Minutes _____				
		<b>Notes:</b>				
		<b>Additional Notes:</b>				

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Squat</b>	Set 1 Reps 50%____ 100%____	Set 2 Reps 75%____ 90%____	Set 3 Reps 100%____ 80%____
			<b>Bench Press</b>	Set 1 Reps 50%____ 100%____	Set 2 Reps 75%____ 90%____	Set 3 Reps 100%____ 80%____
		<b>Deadlift</b>	Set 1 Reps 50%____ 100%____	Set 2 Reps 75%____ 90%____	Set 3 Reps 100%____ 80%____	
<b>Notes:</b>						
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?____	<b>Notes:</b>			
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?____	<b>Notes:</b>			
<b>Additional Notes:</b>						

127	<b>Watch:</b> BP Overview: Hosea _____ <b>Read:</b> Bible: Hosea 1-5 _____, Psalm 63 _____ Pottenger's Prophecy _____ <b>Consider:</b> What good shall I do today? _____ Industry _____ 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>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> <table border="1"> <tr> <td>Set 1 Reps</td> <td>Set 2 Reps</td> <td>Set 3 Reps</td> </tr> <tr> <td>50% _____</td> <td>75% _____</td> <td>100% _____</td> </tr> <tr> <td>100% _____</td> <td>90% _____</td> <td>80% _____</td> </tr> </table> OR  <b>Bench Press</b> <table border="1"> <tr> <td>Set 1 Reps</td> <td>Set 2 Reps</td> <td>Set 3 Reps</td> </tr> <tr> <td>50% _____</td> <td>75% _____</td> <td>100% _____</td> </tr> <tr> <td>100% _____</td> <td>90% _____</td> <td>80% _____</td> </tr> </table> OR  <b>Deadlift</b> <table border="1"> <tr> <td>Set 1 Reps</td> <td>Set 2 Reps</td> <td>Set 3 Reps</td> </tr> <tr> <td>50% _____</td> <td>75% _____</td> <td>100% _____</td> </tr> <tr> <td>100% _____</td> <td>90% _____</td> <td>80% _____</td> </tr> </table>	Set 1 Reps	Set 2 Reps	Set 3 Reps	50% _____	75% _____	100% _____	100% _____	90% _____	80% _____	Set 1 Reps	Set 2 Reps	Set 3 Reps	50% _____	75% _____	100% _____	100% _____	90% _____	80% _____	Set 1 Reps	Set 2 Reps	Set 3 Reps	50% _____	75% _____	100% _____	100% _____	90% _____	80% _____
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50% _____	75% _____	100% _____																												
100% _____	90% _____	80% _____																												
<b>Notes:</b>																														
128	<b>Read:</b> Bible: Hosea 6-10 _____ 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</b> Minutes _____ <b>Notes:</b>																												
	<b>Additional Notes:</b>																													

129	<b>Read:</b> Bible: Hosea 11-14____, Psalm 64____ Pottenger's Prophecy____ <b>Consider:</b> What good shall I do today?____ Industry____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____
	<b>Notes:</b>		
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</b> Minutes____	
	<b>Notes:</b>		
<b>Additional Notes:</b>			



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>Minimalist</b>  <b>KB Swings</b> KB      KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<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% _____			
		<b>Notes:</b>				
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? _____	<b>Notes:</b>			
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? _____	<b>Notes:</b>			
<b>Additional Notes:</b>						

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>Minimalist</b>  <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Squat</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
			<b>Bench Press</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>Deadlift</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____	
<b>Notes:</b>						
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</b> Minutes _____				
		<b>Notes:</b>				
<b>Additional Notes:</b>						

136	<b>Read:</b> Bible: Micah 5-7 _____ Starting Strength _____ <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 _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
137	<b>Watch:</b> BP Overview: Nahum _____ <b>Read:</b> Bible: Nahum 1-3 _____, Psalm 68 _____ 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</b> Minutes _____ <b>Notes:</b>	
<b>Additional Notes:</b>			

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>KB Squat</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b>	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>	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>	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
<b>Notes:</b>						
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? _____	<b>Notes:</b>			
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? _____	<b>Notes:</b>			
<b>Additional Notes:</b>						

141	<b>Read:</b> Bible: Job 4-7____, Psalm 70____ 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      KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____
	<b>Notes:</b>		
142	<b>Read:</b> Bible: Job 8-11____ Starting Strength____ <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____ <b>Notes:</b>	
	<b>Additional Notes:</b>		

143	<b>Read:</b> Bible: Job 12-15____, Psalm 71____ 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____ KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps____ Set 2 Reps____ Set 3 Reps____ 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Bench Press</b> Set 1 Reps____ Set 2 Reps____ Set 3 Reps____ 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Deadlift</b> Set 1 Reps____ Set 2 Reps____ Set 3 Reps____ 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____
	<b>Notes:</b>		
144	<b>Read:</b> Bible: Job 16-19____ Starting Strength____ <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____ <b>Notes:</b>	
	<b>Additional Notes:</b>		

145	<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      KB Weight ____ (up to 20 minutes)  Reps per minute ____ Minutes ____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight ____  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	<b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% ____      75% ____      100% ____ OR      100% ____      90% ____      80% ____			
			<b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% ____      75% ____      100% ____ OR      100% ____      90% ____      80% ____			
		<b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% ____      75% ____      100% ____ OR      100% ____      90% ____      80% ____				
<b>Notes:</b>						
146	<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>			
147	<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>			
<b>Additional Notes:</b>						

148	<b>Read:</b> Bible: Job 32-34 _____ Starting Strength _____ <b>Consider:</b> What good shall I do today? _____ Moderation _____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
149	<b>Read:</b> Bible: Job 35-37 _____, Psalm 74 _____ 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</b> Minutes _____ <b>Notes:</b>	
	<b>Additional Notes:</b>		



150	<b>Read:</b> Bible: Job 38-39 _____ Starting Strength _____ <b>Consider:</b> What good shall I do today? _____ Moderation _____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Squat</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
			<b>Bench Press</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>Deadlift</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____	
<b>Notes:</b>						
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</b> Minutes _____				
		<b>Notes:</b>				
<b>Additional Notes:</b>						

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>Minimalist</b>  <b>KB Swings</b> KB      KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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	<b>Squat</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____			
			<b>Bench Press</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____			
		<b>Deadlift</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____				
<b>Notes:</b>						
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? _____	<b>Notes:</b>			
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? _____	<b>Notes:</b>			
<b>Additional Notes:</b>						

155	<b>Watch:</b> BP Overview: Psalms ____ <b>Read:</b> Bible: Proverbs 7-9 ____, Psalm 77 ____ Starting Strength ____ <b>Consider:</b> What good shall I do today? ____ Cleanliness ____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight ____  Set 1    Set 2    Set 3    Set 4    Set 5	<b>Squat</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>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% ____      75% ____      100% ____ OR      100% ____      90% ____      80% ____				
		<b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% ____      75% ____      100% ____ OR      100% ____      90% ____      80% ____					
<b>Notes:</b>							
156	<b>Watch:</b> BP How to Read the Bible: Psalms ____ <b>Read:</b> Bible: Proverbs 10-12 ____ Finish Starting Strength ____ <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 ____					
		<b>Notes:</b>					
<b>Additional Notes:</b>							

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____			
			<b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____			
		<b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____				
<b>Notes:</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>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>				
<b>Additional Notes:</b>						

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Barbell</b>			
		<b>KB Squat</b> KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Squat</b>	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>	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>	Set 1 Reps 50%____ 100%____	Set 2 Reps 75%____ 90%____	Set 3 Reps 100%____ 80%____
		<b>Notes:</b>				
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?____	<b>Notes:</b>			
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?	<b>Notes:</b>			
<b>Additional Notes:</b>						

162	<b>Watch:</b> BP Overview: Proverbs _____ <b>Read:</b> Bible: Proverbs 28-31 _____ Economics in One Lesson _____ <b>Consider:</b> What good shall I do today? _____ Tranquility _____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1    Set 2    Set 3    Set 4    Set 5	<b>Squat</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>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____				
		<b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____					
<b>Notes:</b>							
163	<b>Watch:</b> BP The Book of Ecclesiastes _____ <b>Read:</b> Bible: Ecclesiastes 1-4 _____, Psalm 81 _____ Economics in One Lesson _____ <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</b> Minutes _____					
		<b>Notes:</b>					
<b>Additional Notes:</b>							

164	<b>Read:</b> Bible: Ecclesiastes 5-8 _____ Economics in One Lesson _____ <b>Consider:</b> What good shall I do today? _____ Tranquility _____ 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>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
165	<b>Watch:</b> BP The Book of Ecclesiastes _____ <b>Read:</b> Bible: Ecclesiastes 9-12 _____, Psalm 82 _____ Economics in One Lesson _____ <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</b> Minutes _____ <b>Notes:</b>	
<b>Additional Notes:</b>			

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Squat</b>	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>Bench Press</b>	Set 1 Reps 50%____ 100%____	Set 2 Reps 75%____ 90%____	Set 3 Reps 100%____ 80%____
			<b>Deadlift</b>	Set 1 Reps 50%____ 100%____	Set 2 Reps 75%____ 90%____	Set 3 Reps 100%____ 80%____
			OR	100%____	90%____	80%____
<b>Notes:</b>						
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?	<b>Notes:</b>			
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?	<b>Notes:</b>			
<b>Additional Notes:</b>						



169	<b>Read:</b> Bible: Jeremiah 4-6____, Psalm 84____ Economics in One Lesson____ <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>Kettlebell</b> <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____
	<b>Notes:</b>		
170	<b>Read:</b> Bible: Jeremiah 7-9____ Economics in One Lesson____ <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>	
	<b>Additional Notes:</b>		

171	<b>Read:</b> Bible: Jeremiah 10-13____, Psalm 85____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____
	<b>Notes:</b>		
172	<b>Read:</b> Bible: Jeremiah 14-17____ 5000 Year Leap____ <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>	
	<b>Additional Notes:</b>		

173	<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>KB Squat</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Squat</b>	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>	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>	Set 1 Reps 50%____ 100%____	Set 2 Reps 75%____ 90%____	Set 3 Reps 100%____ 80%____
		<b>Notes:</b>				
174	<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>			
175	<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>			
<b>Additional Notes:</b>						

176	<b>Read:</b> Bible: Jeremiah 30-32____ 5000 Year Leap____ <b>Consider:</b> What good shall I do today?____ Humility____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR      100%____      90%____      80%____			
			<b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR      100%____      90%____      80%____			
		<b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR      100%____      90%____      80%____				
<b>Notes:</b>						
177	<b>Read:</b> Bible: Jeremiah 33-36____, Psalm 88____ 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</b> Minutes____				
		<b>Notes:</b>				
		<b>Additional Notes:</b>				

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>Minimalist</b>  <b>KB Swings</b> KB      KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____
	<b>Notes:</b>		
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</b> Minutes____ <b>Notes:</b>	
<b>Additional Notes:</b>			

180	<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 KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Squat</b>	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>Bench Press</b>	Set 1 Reps 50%____ 100%____	Set 2 Reps 75%____ 90%____	Set 3 Reps 100%____ 80%____
			<b>Deadlift</b>	Set 1 Reps 50%____ 100%____	Set 2 Reps 75%____ 90%____	Set 3 Reps 100%____ 80%____
<b>Notes:</b>						
181	<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>			
182	<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>			
<b>Additional Notes:</b>						

183	<b>Watch:</b> BP Overview: Lamentations _____ <b>Read:</b> Bible: Lamentations 1-2 _____, Psalm 91 _____ 5000 Year Leap _____ <b>Consider:</b> What good shall I do today? _____ Temperance _____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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	<b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____			
			<b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____			
		<b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____				
<b>Notes:</b>						
184	<b>Read:</b> Bible: Lamentations 3 _____ 5000 Year Leap _____ <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</b> Minutes _____				
		<b>Notes:</b>				
<b>Additional Notes:</b>						

185	<b>Read:</b> Bible: Lamentations 4-5____, Psalm 92____ 5000 Year Leap____ <b>Consider:</b> What good shall I do today?____ Temperance____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____			
			<b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____			
		<b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____				
<b>Notes:</b>						
186	<b>Watch:</b> BP Overview: Ezekiel Ch. 1-33____ <b>Read:</b> Bible: Ezekiel 1-4____ 5000 Year Leap____ <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</b> Minutes____				
		<b>Notes:</b>				
<b>Additional Notes:</b>						



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>Minimalist</b>  <b>KB Swings</b> KB      KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>KB Squat</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>KB Squat</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>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____				
<b>Notes:</b>						
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? _____	<b>Notes:</b>			
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? _____	<b>Notes:</b>			
<b>Additional Notes:</b>						

190	<b>Read:</b> Bible: Ezekiel 16-18 _____ War is a Racket _____ <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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
191	<b>Read:</b> Bible: Ezekiel 19-21 _____, Psalm 95 _____ 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</b> Minutes _____ <b>Notes:</b>	
	<b>Additional Notes:</b>		

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>Minimalist</b>  <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
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</b> Minutes _____	
	<b>Notes:</b>		
<b>Additional Notes:</b>			

194	<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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1    Set 2    Set 3    Set 4    Set 5	<b>Squat</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>Bench Press</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____		
		<b>Deadlift</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____			
<b>Notes:</b>					
195	<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>		
196	<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>		
<b>Additional Notes:</b>					

197	<b>Read:</b> Ezekiel 37-39____, Psalm 98____ Crimes of the Educators____ <b>Consider:</b> What good shall I do today?____ Order____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____
	<b>Notes:</b>		
198	<b>Read:</b> Bible: Ezekiel 40-44____ 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____ <b>Notes:</b>	
	<b>Additional Notes:</b>		

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____
	<b>Notes:</b>		
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____ <b>Notes:</b>	
	<b>Additional Notes:</b>		

201	<b>Watch:</b> BP Exile _____ <b>Read:</b> Bible: Ezra 4-7 _____, Psalm 100 _____ Crimes of the Educators _____ <b>Consider:</b> What good shall I do today? _____ Order _____ 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>KB Swings</b> KB KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b>	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>	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>	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>Notes:</b>				
202	<b>Read:</b> Bible: Ezra 8-10 _____ Crimes of the Educators _____	<b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____	<b>Notes:</b>			
203	<b>Read:</b> Bible: Nehemiah 1-3 _____, Psalm 101 _____ Crimes of the Educators _____	<b>Consider:</b> What good shall I do today? _____ Order _____ Your diet _____ What good have I done today? _____ What have you learned that conflicts with your beliefs? _____	<b>Notes:</b>			
<b>Additional Notes:</b>						

204	<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 _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Squat</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
			<b>Bench Press</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>Deadlift</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____	
<b>Notes:</b>						
205	<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>				
<b>Additional Notes:</b>						



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>Minimalist</b>  <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
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</b> Minutes _____ <b>Notes:</b>	
	<b>Additional Notes:</b>		

208	<b>Watch:</b> BP Overview: Esther _____ <b>Read:</b> Bible: Esther 1-5 _____ 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 KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>KB Squat</b> KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b>	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>	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>	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>Notes:</b>				
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>			
<b>Additional Notes:</b>						

211	<b>Watch:</b> BP The Way of the Exile ____ <b>Read:</b> Bible: Danial 4-6 ____, Psalm 105 ____ No Till Intensive ____ <b>Consider:</b> What good shall I do today? ____ Frugality ____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight ____  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	<b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% ____      75% ____      100% ____ OR      100% ____      90% ____      80% ____				
			<b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% ____      75% ____      100% ____ OR      100% ____      90% ____      80% ____				
		<b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% ____      75% ____      100% ____ OR      100% ____      90% ____      80% ____					
<b>Notes:</b>							
212	<b>Read:</b> Bible: Daniel 7-9 ____ No Till Intensive ____ <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</b> Minutes ____					
		<b>Notes:</b>					
		<b>Additional Notes:</b>					

213	<b>Read:</b> Bible: Daniel 10-12____, Psalm 106____ No Till Intensive____ <b>Consider:</b> What good shall I do today?____ Frugality____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____
	<b>Notes:</b>		
214	<b>Watch:</b> BP Overview: Haggai____ <b>Read:</b> Bible: Haggai 1-2____ No Till Intensive____ <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</b> Minutes____	
	<b>Notes:</b>		
<b>Additional Notes:</b>			

215	<b>Watch:</b> BP Overview: Zechariah ____ <b>Read:</b> Bible: Zechariah 1-4 ____, Psalm 107 ____ No Till Intensive ____ <b>Consider:</b> What good shall I do today? ____ Frugality ____ 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 50% ____ 100% ____	Set 2 Reps 75% ____ 90% ____	Set 3 Reps 100% ____ 80% ____
							OR			
		<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% ____ 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>	Set 1 Reps 50% ____ 100% ____	Set 2 Reps 75% ____ 90% ____	Set 3 Reps 100% ____ 80% ____
<b>Notes:</b>										
216	<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>			
217	<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>			
<b>Additional Notes:</b>										

218	<b>Watch:</b> BP Overview: Malachi _____ <b>Read:</b> Bible: Malachi 1-2 _____ No Till Intensive _____ <b>Consider:</b> What good shall I do today? _____ Industry _____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Squat</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
			<b>Bench Press</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>Deadlift</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____	
<b>Notes:</b>						
219	<b>Read:</b> Bible: Malachi 3-4 _____, Psalm 109 _____ No Till Intensive _____ <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</b> Minutes _____ <b>Notes:</b>				
<b>Additional Notes:</b>						

220	<b>Watch:</b> BP Overview: 1-2 Chronicles _____ <b>Read:</b> Bible: 1 Chronicles 1-10 _____ No Till Intensive _____ <b>Consider:</b> What good shall I do today? _____ Industry _____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1    Set 2    Set 3    Set 4    Set 5	<b>Squat</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>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____			
		<b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____				
<b>Notes:</b>						
221	<b>Read:</b> Bible: 1 Chronicles 11-14 _____, Psalm 110 _____ No Till Intensive _____ <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</b> Minutes _____				
		<b>Notes:</b>				
		<b>Additional Notes:</b>				

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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	<b>Squat</b>	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
			OR			
			<b>Bench Press</b>	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
			<b>Deadlift</b>	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
<b>Notes:</b>						
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>			
<b>Additional Notes:</b>						



225	<b>Read:</b> Bible: 1 Chronicles 25-29 _____, Psalm 112 _____ What to Eat _____ <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 _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
226	<b>Read:</b> Bible: 2 Chronicles 1-4 _____ What to Eat _____ <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</b> Minutes _____	
	<b>Notes:</b>		
<b>Additional Notes:</b>			

227	<b>Watch:</b> BP Temple _____ <b>Read:</b> Bible: 2 Chronicles 5-8 _____, Psalm 113 _____ What to Eat _____ <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 _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Squat</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
			<b>Bench Press</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>Deadlift</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____	
<b>Notes:</b>						
228	<b>Read:</b> Bible: 2 Chronicles 9-12 _____ What to Eat _____ <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</b> Minutes _____				
		<b>Notes:</b>				
		<b>Additional Notes:</b>				

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>Minimalist</b>  <b>KB Swings</b> KB      KB Weight ____ (up to 20 minutes)  Reps per minute ____ Minutes ____	<b>Barbell</b>		
		<b>KB Squat</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% ____		
		<b>Notes:</b>			
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? ____	<b>Notes:</b>		
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? ____	<b>Notes:</b>		
<b>Additional Notes:</b>					

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____ <b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____
	<b>Notes:</b>		
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</b> Minutes____ <b>Notes:</b>	
<b>Additional Notes:</b>			

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>Minimalist</b>  <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____ <b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
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 _____	
	<b>Notes:</b>		
<b>Additional Notes:</b>			

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>Minimalist</b>  <b>KB Swings</b> KB      KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>KB Squat</b> KB Weight _____  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>KB Squat</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>Deadlift</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____				
<b>Notes:</b>						
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? _____	<b>Notes:</b>			
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? _____	<b>Notes:</b>			
<b>Additional Notes:</b>						

239	<b>Watch:</b> BP Son of Man ____ <b>Read:</b> Bible: Matthew 7-8 ____, Psalm 119 ____ What to Eat ____ <b>Consider:</b> What good shall I do today? ____ Moderation ____ 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>Kettlebell</b> <b>Kettlebell Press</b> KB Weight ____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____
	<b>Notes:</b>		
240	<b>Watch:</b> BP God ____ <b>Read:</b> Bible: Matthew 9-10 ____ 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 ____	
	<b>Notes:</b>		
<b>Additional Notes:</b>			

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?____	<div> <b>Minimalist</b>  <b>KB Swings</b> KB KB Weight____          (up to 20 minutes)          Reps per minute____          Minutes____       </div> <div> <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____          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       </div>	<div> <b>Barbell</b>  <b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps          50%____ 75%____ 100%____          OR 100%____ 90%____ 80%____  <b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps          50%____ 75%____ 100%____          OR 100%____ 90%____ 80%____  <b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps          50%____ 75%____ 100%____          OR 100%____ 90%____ 80%____       </div>
	<b>Notes:</b>		
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____	
	<b>Notes:</b>		
<b>Additional Notes:</b>			



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>Minimalist</b>					<b>Barbell</b>					
		<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>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							50%____	75%____	100%____			
					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							50%____	75%____	100%____			
					OR		100%____	90%____	80%____			
<b>Notes:</b>												
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?____					<b>Notes:</b>					
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?____					<b>Notes:</b>					
<b>Additional Notes:</b>												

246	<b>Read:</b> Bible: Matthew 21-22____ 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>KB Swings</b> KB      KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____ <b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____
	<b>Notes:</b>		
247	<b>Read:</b> Bible: Matthew 23-24____, Psalm 123____ What to Eat____ <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____ <b>Notes:</b>	
	<b>Additional Notes:</b>		

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>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____			
			<b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____			
		<b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____				
<b>Notes:</b>						
249	<b>Watch:</b> BP Witness____ <b>Read:</b> Bible: Matthew 27-28____, Psalm 124____ What to Eat____ <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____				
		<b>Notes:</b>				
<b>Additional Notes:</b>						

250	<b>Watch:</b> BP The Gospel According to Mark_____	<b>Minimalist</b>  <b>KB Swings</b> KB KB Weight_____ (up to 20 minutes)  Reps per minute_____ Minutes  <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight_____  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	<b>Barbell</b>			
	<b>Read:</b> Bible: Mark 1-2_____ What to Eat_____		<b>Squat</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
	<b>Consider:</b> What good shall I do today?_____ Cleanliness_____ Your diet_____ What good have I done today?_____		OR	100%_____	90%_____	80%_____
			<b>Bench Press</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
				50%_____	75%_____	100%_____
			OR	100%_____	90%_____	80%_____
			<b>Deadlift</b>	Set 1 Reps	Set 2 Reps	Set 3 Reps
				50%_____	75%_____	100%_____
			OR	100%_____	90%_____	80%_____
<b>Notes:</b>						
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?_____	<b>Notes:</b>			
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?_____	<b>Notes:</b>			
<b>Additional Notes:</b>						

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>Minimalist</b>  <b>KB Swings</b> KB      KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____
	<b>Notes:</b>		
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>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>	
	<b>Additional Notes:</b>		

255	<b>Read:</b> Bible: 11-12____, Psalm 127____ The Purposeful Primitive____ <b>Consider:</b> What good shall I do today?____ Tranquility____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50%____      75%____      100%____ OR            100%____      90%____      80%____
	<b>Notes:</b>		
256	<b>Read:</b> Bible: Mark 13-14____ The Purposeful Primitive____ <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</b> Minutes____ <b>Notes:</b>	
	<b>Additional Notes:</b>		

257	<b>Watch:</b> BP Overview: Mark _____ <b>Read:</b> Bible: Mark 15-16 _____, Psalm 128 _____ The Purposeful Primitive _____ <b>Consider:</b> What good shall I do today? _____ Tranquility _____ 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>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% _____			
		<b>Notes:</b>				
258	<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>			
259	<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>			
<b>Additional Notes:</b>						

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>Minimalist</b>  <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____ <b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
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>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>	
	<b>Additional Notes:</b>		



262	<b>Read:</b> Bible: John 9-10 _____ The Purposeful Primitive _____ <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>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
263	<b>Read:</b> Bible: John 11-12 _____, Psalm 131 _____ The Purposeful Primitive _____ <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>	
	<b>Additional Notes:</b>		

264	<b>Watch:</b> Overview: John Ch. 13-21 _____ <b>Read:</b> Bible: John 13-15 _____ The Purposeful Primitive _____ <b>Consider:</b> What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____	<b>Minimalist</b>					<b>Barbell</b>												
		<b>KB Swings</b> KB KB Weight _____ (up to 20 minutes)					<b>Squat</b> <table border="1"> <tr> <td>Set 1 Reps</td> <td>Set 2 Reps</td> <td>Set 3 Reps</td> </tr> <tr> <td>50% _____</td> <td>75% _____</td> <td>100% _____</td> </tr> </table>						Set 1 Reps	Set 2 Reps	Set 3 Reps	50% _____	75% _____	100% _____	
		Set 1 Reps	Set 2 Reps	Set 3 Reps															
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		Reps per minute _____ Minutes _____					OR <table border="1"> <tr> <td>100% _____</td> <td>90% _____</td> <td>80% _____</td> </tr> </table>						100% _____	90% _____	80% _____				
100% _____	90% _____	80% _____																	
<b>Kettlebell</b>					<b>Bench Press</b>														
<b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5					OR <table border="1"> <tr> <td>Set 1 Reps</td> <td>Set 2 Reps</td> <td>Set 3 Reps</td> </tr> <tr> <td>50% _____</td> <td>75% _____</td> <td>100% _____</td> </tr> <tr> <td>100% _____</td> <td>90% _____</td> <td>80% _____</td> </tr> </table>						Set 1 Reps	Set 2 Reps	Set 3 Reps	50% _____	75% _____	100% _____	100% _____	90% _____	80% _____
Set 1 Reps	Set 2 Reps	Set 3 Reps																	
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100% _____	90% _____	80% _____																	
<b>KB Squat</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5					<b>Deadlift</b> <table border="1"> <tr> <td>Set 1 Reps</td> <td>Set 2 Reps</td> <td>Set 3 Reps</td> </tr> <tr> <td>50% _____</td> <td>75% _____</td> <td>100% _____</td> </tr> <tr> <td>100% _____</td> <td>90% _____</td> <td>80% _____</td> </tr> </table>						Set 1 Reps	Set 2 Reps	Set 3 Reps	50% _____	75% _____	100% _____	100% _____	90% _____	80% _____
Set 1 Reps	Set 2 Reps	Set 3 Reps																	
50% _____	75% _____	100% _____																	
100% _____	90% _____	80% _____																	
<b>Notes:</b>																			
265	<b>Read:</b> Bible: John 16-18 _____, Psalm 132 _____ The Purposeful Primitive _____	<b>Consider:</b> What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____					<b>Notes:</b>												
266	<b>Read:</b> Bible: John 19-21 _____ The Purposeful Primitive _____	<b>Consider:</b> What good shall I do today? _____ Chastity _____ Your diet _____ What good have I done today? _____ What truths have you discovered? _____					<b>Notes:</b>												
<b>Additional Notes:</b>																			

267	<b>Watch:</b> BP Overview: Luke Ch. 1-9 _____ <b>Read:</b> Bible: Luke 1_____, Psalm 133 _____ The Purposeful Primitive _____ <b>Consider:</b> What good shall I do today? _____ Humility _____ 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>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
268	<b>Watch:</b> BP Gospel of Luke Ch. 1-2 _____ <b>Read:</b> Bible: Luke 2-3 _____ The Purposeful Primitive _____ <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</b> Minutes _____	
	<b>Notes:</b>		
<b>Additional Notes:</b>			

269	<b>Watch:</b> BP Gospel of Luke: Ch. 3-9 _____ <b>Read:</b> Bible: Luke 4-5 _____, Psalm 134 _____ The Purposeful Primitive _____ <b>Consider:</b> What good shall I do today? _____ Humility _____ 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>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
270	<b>Read:</b> Bible: Luke 6-7 _____ The Purposeful Primitive _____ <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>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>		
<b>Additional Notes:</b>			

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____  <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____	
	<b>Notes:</b>			
	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? _____	<b>Notes:</b>
	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? _____	<b>Notes:</b>
<b>Additional Notes:</b>				

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>Minimalist</b>  <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>		
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____		
<b>Notes:</b>					
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>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>			
<b>Additional Notes:</b>					

276	<b>Watch:</b> BP Gospel of Luke Ch. 19-23 _____ <b>Read:</b> Bible: Luke 19-20 _____ Finish The Purposeful Primitive _____ <b>Consider:</b> What good shall I do today? _____ Temperance _____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1    Set 2    Set 3    Set 4    Set 5	<b>Squat</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>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____				
		<b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____					
<b>Notes:</b>							
277	<b>Read:</b> Bible: Luke 21-22 _____, Psalm 138 _____ <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>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>					
<b>Additional Notes:</b>							

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____			
			<b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____			
		<b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____				
<b>Notes:</b>						
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?____	<b>Notes:</b>			
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?	<b>Notes:</b>			
<b>Additional Notes:</b>						



281	<b>Watch:</b> BP Acts Ch. 1-7____ <b>Read:</b> Bible: Acts 5-6____, Psalm 141____ <b>Watch:</b> Natural Law Seminar____ <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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____			
		<b>Notes:</b>				
282	<b>Watch:</b> BP Acts 8-12____ <b>Read:</b> Bible: Acts 7-8____ <b>Watch:</b> Natural Law Seminar____ <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</b> Minutes____				
		<b>Notes:</b>				
<b>Additional Notes:</b>						

283	<b>Read:</b> Bible: Acts 9-10 ____, Psalm 142 ____ <b>Watch:</b> Finish Natural Law Seminar ____ <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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight ____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% ____      75% ____      100% ____ OR      100% ____      90% ____      80% ____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% ____      75% ____      100% ____ OR      100% ____      90% ____      80% ____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% ____      75% ____      100% ____ OR      100% ____      90% ____      80% ____
	<b>Notes:</b>		
284	<b>Read:</b> Bible: Acts 11-12 ____ The Founders' Second Amendment ____ <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</b> Minutes ____ <b>Notes:</b>	
	<b>Additional Notes:</b>		

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____					<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1 Set 2 Set 3 Set 4 Set 5					<b>Squat</b>	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>Bench Press</b>	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
							<b>Deadlift</b>	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
							OR			
<b>Notes:</b>										
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? _____					<b>Notes:</b>			
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? _____					<b>Notes:</b>			
<b>Additional Notes:</b>										

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>Minimalist</b>  <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____ <b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
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</b> Minutes _____ <b>Notes:</b>	
<b>Additional Notes:</b>			

290	<b>Watch:</b> BP Hope _____ <b>Read:</b> Bible: Acts 23-24 _____ The Founders' Second Amendment _____ <b>Consider:</b> What good shall I do today? _____ Order _____ 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>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
291	<b>Read:</b> Bible: Acts 25-26 _____, Psalm 146 _____ 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</b> Minutes _____ <b>Notes:</b>	
<b>Additional Notes:</b>			

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____			
			<b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____			
		<b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____				
<b>Notes:</b>						
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?____	<b>Notes:</b>			
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?____	<b>Notes</b>			
<b>Additional Notes:</b>						

295	<b>Watch:</b> BP Overview: Romans Ch. 5-16 _____ <b>Read:</b> Bible: Romans 5-6 _____, Psalm 148 _____ The Founders' Second Amendment _____ <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 KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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	<b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____			
			<b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____			
		<b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____				
<b>Notes:</b>						
296	<b>Read:</b> Bible: Romans 7-8 _____ The Founders' Second Amendment _____ <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>				
<b>Additional Notes:</b>						

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>Minimalist</b> <b>KB Swings</b> KB KB Weight _____ (up to 20 minutes) Reps per minute _____ Minutes _____ <b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____ 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	<b>Barbell</b> <b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____ <b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____ <b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
298	<b>Watch:</b> BP New Testament Letters: Literary Context _____ <b>Read:</b> Bible: Romans 11-12 _____ The Founders' Second Amendment _____ <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>	
<b>Additional Notes:</b>			



299	<b>Read:</b> Bible: Romans 13-14____, Psalm 150____ The Founders' Second Amendment____ <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 KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____		<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  Set 1 Set 2 Set 3 Set 4 Set 5		<b>Squat</b>	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>Bench Press</b>	Set 1 Reps 50%____ 100%____	Set 2 Reps 75%____ 90%____	Set 3 Reps 100%____ 80%____
				<b>Deadlift</b>	Set 1 Reps 50%____ 100%____	Set 2 Reps 75%____ 90%____	Set 3 Reps 100%____ 80%____
				OR			
<b>Notes:</b>							
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?____		<b>Notes:</b>			
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?____		<b>Notes:</b>			
<b>Additional Notes:</b>							

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>Minimalist</b>  <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
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>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>	
	<b>Additional Notes:</b>		

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>Minimalist</b>  <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
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</b> Minutes _____ <b>Notes:</b>	
	<b>Additional Notes:</b>		

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  Set 1 Set 2 Set 3 Set 4 Set 5	<b>Squat</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>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____			
			<b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____			
	<b>Notes:</b>					
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?____	<b>Notes:</b>			
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?____	<b>Notes:</b>			
<b>Additional Notes:</b>						

309	<b>Watch:</b> BP Overview: 2 Corinthians _____ <b>Read</b> Bible: 2 Corinthians 1-2 _____ Johnny Got His Gun _____ <b>Consider:</b> What good shall I do today? _____ Industry _____ 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>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR            100% _____      90% _____      80% _____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR            100% _____      90% _____      80% _____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR            100% _____      90% _____      80% _____
	<b>Notes:</b>		
	310	<b>Read:</b> Bible: 2 Corinthians 3-4 _____ Johnny Got His Gun _____ <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</b> Minutes _____
			<b>Notes:</b>
<b>Additional Notes:</b>			

311	<b>Read:</b> Bible: 2 Corinthians 5-6 _____ Johnny Got His Gun _____ <b>Consider:</b> What good shall I do today? _____ Industry _____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR            100% _____      90% _____      80% _____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR            100% _____      90% _____      80% _____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR            100% _____      90% _____      80% _____
	<b>Notes:</b>		
312	<b>Watch:</b> BP Generosity _____ <b>Read:</b> Bible: 2 Corinthians 7-8 _____ Johnny Got His Gun _____ <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</b> Minutes _____	
	<b>Notes:</b>		
<b>Additional Notes:</b>			

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Barbell</b>			
		<b>KB Squat</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Squat</b>	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>	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>	Set 1 Reps 50%____ 100%____	Set 2 Reps 75%____ 90%____	Set 3 Reps 100%____ 80%____
		<b>Notes:</b>				
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?____	<b>Notes:</b>			
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?	<b>Notes:</b>			
<b>Additional Notes:</b>						

316	<b>Read:</b> Bible: Galatians 3-4 _____ Finish Johnny Got His Gun _____ <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 _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
317	<b>Read:</b> Bible: Galatians 5-6 _____ 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</b> Minutes _____ <b>Notes:</b>	
	<b>Additional Notes:</b>		



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>Minimalist</b>  <b>KB Swings</b> KB      KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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	<b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____			
			<b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____			
		<b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____				
<b>Notes:</b>						
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</b> Minutes _____				
		<b>Notes:</b>				
		<b>Additional Notes:</b>				

320	<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      KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1    Set 2    Set 3    Set 4    Set 5	<b>Squat</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>Bench Press</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____			
		<b>Deadlift</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____				
<b>Notes:</b>						
321	<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>			
322	<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>			
<b>Additional Notes:</b>						

323	<b>Watch:</b> BP Overview: Colossians ____ <b>Read:</b> Bible: Colossians 1-2 ____ The Kyballion ____ <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      KB Weight ____ (up to 20 minutes)  Reps per minute ____ Minutes ____  <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight ____   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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% ____      75% ____      100% ____ OR           100% ____      90% ____      80% ____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% ____      75% ____      100% ____ OR           100% ____      90% ____      80% ____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% ____      75% ____      100% ____ OR           100% ____      90% ____      80% ____
	<b>Notes:</b>		
	324	<b>Read:</b> Bible: Colossians 3-4 ____ The Kyballion ____ <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 ____ <b>Notes:</b>
<b>Additional Notes:</b>			

325	<b>Watch:</b> BP Overview: 1 Thessalonians ____ <b>Read:</b> Bible: 1 Thessalonians 1-2 ____ Finish The Kyballion ____ <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      KB Weight ____ (up to 20 minutes)  Reps per minute ____ Minutes ____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight ____  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	<b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% ____      75% ____      100% ____ OR      100% ____      90% ____      80% ____			
			<b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% ____      75% ____      100% ____ OR      100% ____      90% ____      80% ____			
		<b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% ____      75% ____      100% ____ OR      100% ____      90% ____      80% ____				
	<b>Notes:</b>					
326	<b>Read:</b> Bible: 1 Thessalonians 3-4 ____ The Creature from Jekyll Island ____ <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 ____				
		<b>Notes:</b>				
<b>Additional Notes:</b>						

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____			
			<b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____			
		<b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____				
	<b>Notes:</b>					
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?	<b>Notes:</b>			
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?	<b>Notes:</b>			
<b>Additional Notes:</b>						

330	<b>Watch:</b> BP Public Reading of Scripture _____ <b>Read:</b> Bible: 1 Timothy 3-4 _____ The Creature from Jekyll Island _____ <b>Consider:</b> What good shall I do today? _____ Moderation _____ Your diet _____ What good have I done today? _____	<b>Minimalist</b>  <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Squat</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
			<b>Bench Press</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____
		<b>Deadlift</b>	Set 1 Reps _____ 50% _____ 100% _____	Set 2 Reps _____ 75% _____ 90% _____	Set 3 Reps _____ 100% _____ 80% _____	
<b>Notes:</b>						
331	<b>Read:</b> Bible: 1 Timothy 5-6 _____ 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</b> Minutes _____				
		<b>Notes:</b>				
		<b>Additional Notes:</b>				

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>Minimalist</b>  <b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____ <b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____  <b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____
	<b>Notes:</b>		
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</b> Minutes____ <b>Notes:</b>	
<b>Additional Notes:</b>			

334	<b>Watch:</b> BP Overview Philemon _____ <b>Read:</b> Bible: Philemon 1 _____ 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</b>  <b>KB Swings</b> KB KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>KB Swings</b> KB KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Squat</b>	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>	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>	Set 1 Reps 50% _____ 100% _____	Set 2 Reps 75% _____ 90% _____	Set 3 Reps 100% _____ 80% _____
		<b>Notes:</b>				
335	<b>Watch:</b> BP Overview: Hebrews _____ <b>Read:</b> Bible: Hebrews 1-2 _____ The Creature from Jekyll Island _____	<b>Consider:</b> What good shall I do today? _____ Moderation _____ Your diet _____ What good have I done today? _____	<b>Notes:</b>			
336	<b>Read:</b> Bible: Hebrews 3-4 _____ The Creature from Jekyll Island _____	<b>Consider:</b> What good shall I do today? _____ Moderation _____ Your diet _____ What good have I done today? _____ Which of your beliefs are incorrect and need to be discarded? _____	<b>Notes:</b>			
<b>Additional Notes:</b>						



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>Minimalist</b>  <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
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>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>	
	<b>Additional Notes:</b>		

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>Minimalist</b>  <b>KB Swings</b> KB      KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR            100% _____      90% _____      80% _____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR            100% _____      90% _____      80% _____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR            100% _____      90% _____      80% _____
	<b>Notes:</b>		
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</b> Minutes _____ <b>Notes:</b>	
	<b>Additional Notes:</b>		

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

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>Minimalist</b>  <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
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</b> Minutes _____ <b>Notes:</b>	
<b>Additional Notes:</b>			

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>Minimalist</b>  <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____ <b>Kettlebell</b> <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
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</b> Minutes _____	
	<b>Notes:</b>		
<b>Additional Notes:</b>			

348	<b>Read:</b> Bible: 2 John 1 _____, 3 John 1 _____ 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</b>  <b>KB Swings</b> KB      KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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	<b>Squat</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____			
			<b>Bench Press</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____			
		<b>Deadlift</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____				
<b>Notes:</b>						
349	<b>Watch:</b> BP Overview: Jude _____ <b>Read:</b> Bible: Jude 1 _____ The Creature from Jekyll Island _____	<b>Consider:</b> What good shall I do today? _____ Tranquility _____ Your diet _____ What good have I done today? _____	<b>Notes:</b>			
350	<b>Watch:</b> BP Overview: Revelation Ch. 1-11 _____ <b>Read:</b> Bible: Revelation 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? _____ What lies have you believed in? _____	<b>Notes:</b>			
<b>Additional Notes:</b>						

351	<b>Watch:</b> BP How to Read the Bible: Apocalyptic Literature ____ <b>Read:</b> Bible: Revelation 4-6 ____ 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</b>  <b>KB Swings</b> KB KB Weight ____ (up to 20 minutes)  Reps per minute ____ Minutes ____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight ____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50% ____ 75% ____ 100% ____ OR 100% ____ 90% ____ 80% ____  <b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50% ____ 75% ____ 100% ____ OR 100% ____ 90% ____ 80% ____  <b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50% ____ 75% ____ 100% ____ OR 100% ____ 90% ____ 80% ____
	<b>Notes:</b>		
352	<b>Read:</b> Bible: Revelation 7-9 ____ 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</b> Minutes ____ <b>Notes:</b>	
<b>Additional Notes:</b>			

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>Minimalist</b>  <b>KB Swings</b> KB _____ KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____ <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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 _____	<b>Barbell</b>  <b>Squat</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Bench Press</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____  <b>Deadlift</b> Set 1 Reps _____ Set 2 Reps _____ Set 3 Reps _____ 50% _____ 75% _____ 100% _____ OR 100% _____ 90% _____ 80% _____
	<b>Notes:</b>		
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</b> Minutes _____	
	<b>Notes:</b>		
<b>Additional Notes:</b>			



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>Minimalist</b>  <b>KB Swings</b> KB KB Weight____ (up to 20 minutes)  Reps per minute____ Minutes____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight____  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	<b>Squat</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____			
			<b>Bench Press</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____			
		<b>Deadlift</b> Set 1 Reps Set 2 Reps Set 3 Reps 50%____ 75%____ 100%____ OR 100%____ 90%____ 80%____				
<b>Notes:</b>						
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>			
<b>Additional Notes:</b>						

358	<b>Watch:</b> BP Heaven and Earth _____ <b>Read:</b> Finish Bible: Revelation 21-22 _____ The Open Source Everything Manifesto _____ <b>Consider:</b> What good shall I do today? _____ Humility _____ 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>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  Set 1    Set 2    Set 3    Set 4    Set 5	<b>Squat</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>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____				
		<b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____					
<b>Notes:</b>							
359	<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>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>					
		<b>Additional Notes:</b>					

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>Minimalist</b>  <b>KB Swings</b> KB      KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____	<b>Barbell</b>			
		<b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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	<b>Squat</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____			
			<b>Bench Press</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____			
		<b>Deadlift</b> _____ Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____				
<b>Notes:</b>						
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>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>				
<b>Additional Notes:</b>						

362	<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>Minimalist</b>  <b>KB Swings</b> KB      KB Weight _____ (up to 20 minutes)  Reps per minute _____ Minutes _____  <b>Kettlebell</b>  <b>Kettlebell Press</b> KB Weight _____  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	<b>Barbell</b>  <b>Squat</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____  <b>Bench Press</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____  <b>Deadlift</b> Set 1 Reps      Set 2 Reps      Set 3 Reps 50% _____      75% _____      100% _____ OR      100% _____      90% _____      80% _____
	<b>Notes:</b>		
363	<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>Notes:</b>
364	<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? _____ How much you have learned and developed	<b>Notes:</b>
365	<b>Read:</b> Finish The Open Source Everything Manifesto _____ <b>Task:</b> Start your garden _____	<b>Take a short break.</b> <b>Consider how far you have come and then pick up again with the self-paced further work.</b> <b>Adjust your training program as you see fit. You now know how.</b> <b>Continue developing yourself. You've done great work so far!</b>	
<b>Self-Paced Further Work</b> Read <i>The End of All Evil</i> by Jeremy Locke which teaches that you have infinite worth. Then peruse <i>The Secret Teachings of All Ages</i> by Manly P. Hall, which unearths long-hidden ancient wisdom. Finally, Mark Passio's podcast <i>What on Earth Is Happening</i> is a <b>must</b> listen.			

**Additional Notes:**

**Additional Notes:**

**Additional Notes:**

**Additional Notes:**