



OCTOBER 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Lesson 1 -Fitness Goal -Warm up	5 Lesson 1 -God's Image -God's Person -God's Affirmation	6 Lesson 1 -God's Intervention -God's Investment -Weigh In	7 Lesson 2 -Fitness Goal -Warm Up	8 Lesson 2 -Work Out -Appearance	9
10	ZOOM CALL 11 Lesson 2 -Diet -Exercise -Weigh In	12 Lesson 3 -Fitness Goal -Warm up	13 Lesson 3 Chains bring spiritual gain	14 Lesson 3 Loss and limitation turned to gain To end of lesson	15 Lesson 4 -Fitness Goal -Warm Up	16
17	18 Lesson 4 -A letter read by all -A letter made possible by Christ	ZOOM CALL 19 Lesson 4 -An unveiled letter to the end	20 Lesson 5 -Fitness Goal -Warm Up	21 Lesson 5 -Bearing the light -Spreading the fragrance	22 Lesson 5 -Manifesting the Gospel to the end	23
24/ 31	25 Lesson 6 -Fitness Goal -Warm up	26 Lesson 6 -Inner Confidence -Inner Renewal	ZOOM CALL 27 Lesson 6 Imperishable Future To the end	28 Lesson 7 -Fitness Goal -Warm Up	29 Lesson 7 A case for purity and passion through #7	30