



Be Ye Transformed: 40 Day Food, Faith and Fitness Fast
Romans 12:2

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Start of Fast 7:00am EST Prayer Call	15 7:00am EST Prayer Call 7:00pm EST Group Coaching	16 7:00am EST Prayer Call 1:00 PM EST Group Coaching	17 9:00am EST Muscle Strengthening - Lower
18	19 No prayer call	20 7:00am EST Prayer Call 7:00pm EST Group Coaching	21 7:00am EST Prayer Call 9:00am EST Muscle Strengthening - Power	22 7:00am EST Prayer Call 7:00 PM Food Labels Education	23 7:00am EST Prayer Call 1:00 PM EST Group Coaching	24 9:00am EST Muscle Strengthening - Upper 6:00pm EST Watch Party
25	26 7:00am EST Prayer Call	27 7:00am EST Prayer Call 7:00pm EST Group Coaching	28 7:00am EST Prayer Call 9:00am EST Muscle Strengthening - Tempo	29 7:00am EST Prayer Call 7:00pm EST Group Coaching		

EVENTS

Steps

- Day 1-7: => 2500/6000/10,000 Steps
- Day 8-14: => 3500/7000/11,000 Steps
- Day 15-21: => 4500/9000/12,000 Steps
- Day 22-28: => 5500/9000/13,000 Steps
- Day 29-35: => 6500/10,000/14,000 Steps
- Day 36-43: => 7000/10,500/15,500 Steps

Weekdays

- Mon-Fri: 7am EST Prayer Calls
- Tue, Thu: 7pm EST, Fri: 1pm EST Group Coaching Call
- Wed: 9am EST Muscle Strengthening
- 2/29: 7pm EST Food Labels Education
- 3/7: 7pm EST Nutrition Education
- 3/21: 7pm EST Presentation: Food as Medicine
- 3/28: 7pm EST Completion and the Way Forward

Weekends

- Each Sat: 9am EST Muscle Strengthening
- 2/24: 6pm EST Watch Party
- 3/2: 10:30am EST Grocery Store Tour
- 3/9: 6pm EST Cook-together
- 3/16: 12pm EST Brunch for Dr. Bowmans b-day
- 3/30: Virtual/In-Person Run/Walk in DC

Saturday, March 30th, 5K Virtual/In-Person Run/Walk in Washington, DC
More Details to Come!



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March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 7:00am EST Prayer Call 1:00 PM EST Group Coaching Call	2 9:00am EST Muscle Strengthening - Lower 10:30am EST Grocery Store Tour
3	4 7:00am EST Prayer Call	5 7:00am EST Prayer Call 7:00pm EST Group Coaching	6 7:00am EST Prayer Call 9:00am EST Muscle Strengthening - Power	7 7:00am EST Prayer Call 7:00pm EST Nutrition Education	8 7:00am EST Prayer Call 1:00 PM EST Group Coaching	9 9:00am EST Muscle Strengthening - Upper 6:00pm EST Cook-together
10	11 7:00am EST Prayer Call	12 7:00am EST Prayer Call 7:00pm EST Group Coaching	13 7:00am EST Prayer Call 9:00am EST Muscle Strengthening - Tempo	14 7:00am EST Prayer Call 7:00pm EST Group Coaching	15 7:00am EST Prayer Call 1:00 PM EST Group Coaching	16 9:00am EST Muscle Strengthening - Lower 12:00pm EST Brunch for Dr. Bowmans Birthday
17	18 7:00am EST Prayer Call	19 7:00am EST Prayer Call 7:00pm EST Group Coaching	20 7:00am EST Prayer Call 9:00am EST Muscle Strengthening - Power	21 7:00am EST Prayer Call 7:00pm EST Presentation: Food as Medicine	22 7:00am EST Prayer Call 1:00 PM EST Group Coaching	23 9:00am EST Muscle Strengthening - Upper
24	25 7:00am EST Prayer Call	26 7:00am EST Prayer Call 7:00pm EST Group Coaching	27 7:00am EST Prayer Call 9:00am EST Muscle Strengthening - Tempo	28 7:00am EST Prayer Call 7:00pm EST Completion and the Way Forward	29	30 

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