180 Your Life: New Beginnings

Schedule and Assignments

(name of sponsoring group)

Reading Assignments Book Journal

(insert date) Week 1 Preface and Introduction Week 1

(insert date) Week 2 Empower Your Ground Zero Week 2

 Chapters 1-4

(insert date) Week 3 Forge Your Team Week 3

 Chapters 5-7

(insert date) Week 4 Train Your Mind Week 4

 Chapters 8-10

(insert date) Week 5 Train Your Body Week 5

 Chapters 11-13

(insert date) Week 6 Train Your Spirit Week 6

 Chapters 14-16

(insert date) Week 7 Cross Your Finish Line Week 7

 Chapters 17-19

(insert date) Week 8 Live Your Legacy Week 8

 Chapters 20-22

(insert date) Week 9 Unveil Your Triumph Week 9

 Chapter 23

(insert date) Week 10 Chapter 24 Week 10

(Leader Contact Information here)