

***You must be an active member in an OWBC Ministry to participate.***

***Weigh-in at registration is required.***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **WEEK 1** | **WEEK 2** | **WEEK 3** | **WEEK 4** | **WEEK 5** | **WEEK 6** |
| April 14th | April 21st | April 28th | May 5th | May 12th | May 19th |
| **MONDAY** |  |  |  |  |  |  |
| **Exercise** |  |  |  |  |  |  |
| **TUESDAY** |  |  |  |  |  |  |
| **Exercise** |  |  |  |  |  |  |
| **WEDNESDAY** |  |  |  |  |  |  |
| **Exercise** |  |  |  |  |  |  |
| **THURSDAY** |  |  |  |  |  |  |
| **Exercise** |  |  |  |  |  |  |
| **FRIDAY** |  |  |  |  |  |  |
| **Exercise** |  |  |  |  |  |  |
| **SATURDAY** |  |  |  |  |  |  |
| **Exercise** |  |  |  |  |  |  |
| **SUNDAY** |  |  |  |  |  |  |
| **Exercise** |  |  |  |  |  |  |
| **TOTAL HOURS** |  |  |  |  |  |  |

**Name:** Click or tap here to enter text. **Ministry:** Click or tap here to enter text.