

THE ALSTON FITNESS ACADEMY

Carry the Calling

CHURCH & SMALL-GROUP LEADER KIT

A complete twelve-week fitness discipleship curriculum



LOVE IT • BREATHE IT • TEACH IT • LIVE IT

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A NOTE FROM LUCIUS

Strong Enough to Serve

This kit exists because a link alone cannot create a culture. People need leaders who can welcome a beginner, protect the person who needs an adaptation, tell the truth without condemnation, and turn a temporary program into a durable way of life.

The goal is not to produce a room full of matching bodies. The goal is to equip people of different ages, sizes, abilities, histories, and starting points to practice wise stewardship: movement, strength, nourishment, recovery, prayer, service, and the skill of returning.

Lead with conviction and compassion together. Refuse apathy, but also refuse humiliation. Challenge behavior without insulting bodies. Make room for the person who is already trained and the person who needs the chair, the wall, a shorter range, a slower pace, or a complete rest day.

LEADER'S CHARGE Do not use shame to produce a short burst of compliance. Build a room where truth is safe, wisdom is visible, and the next faithful action is clear.

What this kit provides

- A complete launch and safety system for churches, couples, and small groups.
- Twelve 75-minute gathering plans with Scripture, movement, workshop, discussion, prayer, and home practice.
- Visible seated, supported, standard, and progression choices that leaders can rehearse before each gathering.
- Food, recovery, walking, balance, accountability, and continuation guidance.
- Printable tools for readiness, attendance, personal planning, group covenant, testimony consent, and Week 13 onward.

How to use the leader center and this manual together

Use the online Leader Center during weekly preparation and to keep only your own private completion marks and short leader notes on your device. Use this manual for offline study, volunteer training, printing, pastoral review, and adaptation. Participant records do not belong on the public webpage.

SCOPE AND RESPONSIBILITY

Read This Before You Lead

GENERAL EDUCATION This program offers general fitness, food, recovery, and group-support education. It does not diagnose, treat, rehabilitate, prescribe medical nutrition therapy, provide psychotherapy, change medication, or replace individualized care.

Participants should follow their own qualified health professionals' guidance. Leaders should encourage professional clearance when pregnancy, postpartum recovery, chronic conditions, treatment, surgery, injury, falls, symptoms, medication effects, or other factors make individualized boundaries important.

URGENT STOP SIGNS Stop activity and follow the emergency plan for chest pain or pressure, fainting, sudden weakness, severe unusual shortness of breath, confusion, signs of stroke, a serious fall, or rapidly worsening symptoms. Call local emergency services when appropriate.

The leader's boundary

Responsibility	Operating boundary
Leaders may	Demonstrate general movement options, manage the room, encourage consistency, facilitate discussion and prayer, and refer people to qualified care.
Leaders do not	Diagnose pain, interpret medical tests, prescribe diets or supplements, change medications, promise weight loss, provide rehabilitation, or pressure disclosure.
Participants choose	Whether to participate, which visible option to use, whether to answer a question, whether to be touched or photographed, and when to rest or stop.
Organizations decide	Safeguarding, volunteer screening, emergency response, incident reporting, privacy, record retention, minors' participation, insurance, and facility requirements.

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NAVIGATION

Contents

Part I • The Leadership Standard

1. Program theology and culture
2. Safety, consent, access, and privacy
3. Launch plan, roles, space, and communication

Part II • The Twelve-Week Journey

Week 1 • Tell the Truth, Start Small

Week 2 • Safety Before Intensity

Week 3 • Build the Repeatable Week

Week 4 • Nourish Without Shame

Week 5 • Progress With Control

Week 6 • Walk Your Way Forward

Week 7 • Balance, Core & Confidence

Week 8 • Restore and Recalibrate

Week 9 • Train for Real Life

Week 10 • Build a Household Culture

Week 11 • Return Without Punishment

Week 12 • Carry the Calling Forward

Part III • Coaching Field Guide

4. Movement options and progression
5. Nourishment, recovery, and prayer-walk guidance
6. Difficult moments and wise referrals

Part IV • Reproducible Group Tools

7. Launch and weekly preparation forms
8. Participant tools and group covenant
9. Testimony review and continuation plan
10. Source library and final leader review

PART I

The Leadership Standard

1. Program Theology and Culture

Carry the Calling treats fitness as capacity for faithful living, not a public measure of holiness. The group can challenge neglect, inconsistency, and self-deception without declaring that a person's size, diagnosis, disability, speed, or starting point reveals spiritual worth.

Seven convictions

1. The body is entrusted, not despised. Care begins with gratitude and truth.
2. Capacity has a purpose. Strength should become service, work, worship, play, protection, and independence.
3. Wisdom governs intensity. A repeatable dose is superior to reckless display.
4. Food is provision. Nourishment supports life and training; it is not a moral punishment system.
5. Rest belongs to stewardship. Recovery is not laziness when it enables faithful action.
6. Community should strengthen agency. Support invites, equips, and protects; it does not control.
7. Returning is part of the plan. Missed days do not require shame, starvation, or compensatory exercise.

Language that forms the room

Language to retire	Leader language to practice
Instead of	Try
Burn off what you ate	Train to build capacity and support the work ahead.
No excuses	What obstacle is real, and what smaller safe version remains available?
Summer body / ideal weight	Energy, function, steadiness, strength, sleep, and consistency.
Everyone should do this	Here are seated, supported, standard, and progression choices.
Push through pain	Stop, assess, change the movement, or refer when needed.
You look so much better	You have been consistent; what can you do or carry more confidently?

CULTURE TEST Would a person in a larger body, a person using a mobility aid, an experienced athlete, a postpartum mother, a person managing a chronic condition, and a complete beginner all be treated as full participants in this room?

2. Safety, Consent, Access, and Privacy

The opening safety statement

SAY THIS EVERY WEEK Everything today is voluntary. Choose the option that fits your body and professional guidance. You may rest, pass, or stop without explanation. Tell a leader privately if you need help. Stop immediately for concerning symptoms; we will follow our emergency plan.

Consent is ongoing

- Ask before touching, spotting, moving equipment near a participant, photographing, recording, praying publicly about health, or sharing a story.
- A yes to one action is not permission for another action or another day.
- Never make public disclosure the price of receiving an adaptation.
- When minors or vulnerable adults participate, follow the organization's safeguarding rules and consent processes without exception.

Accessibility by design

Do not wait for a participant to request dignity. Demonstrate the supported option first, name it neutrally, and keep it visible throughout the session. Use plain language, clear sight lines, adequate lighting, stable chairs, uncluttered routes, readable handouts, captions or transcripts for media, and enough transition time.

Access need	Planned support
Mobility	Stable chairs, support within reach, seated and standing choices, accessible route, rest area, no floor requirement.
Hearing	Face the group, reduce competing noise, provide written cues, confirm understanding without embarrassment.
Vision	High contrast, large print, verbal description of setup and direction, consistent equipment placement.
Cognition / learning	One instruction at a time, demonstrate then practice, repeat the flow, allow extra processing time.
Language	Use short sentences, translated quick-start material where available, and a trusted interpreter under privacy rules.
Energy / symptoms	Normalize rest, smaller ranges, fewer rounds, shorter walks, observation-only participation, and early departure.

Privacy rule

Collect the minimum. The public website stores no participant roster, health history, weight, measurements, diagnoses, medications, injuries, pastoral disclosures, or emergency records. Use the church's approved secure method, limit access to those who need it, and follow retention and deletion rules.

3. Launch Plan, Roles, Space, and Communication

Four-week launch timeline

Timing	Leader actions
Four weeks before	Pastoral approval; insurance/facility review; safeguarding; leader selection; emergency plan; space reservation.
Three weeks before	Leader training; movement-option rehearsal; accessibility walk-through; communication draft; secure registration choice.
Two weeks before	Open invitation; describe scope and adaptations; remind people to follow professional guidance; confirm equipment.
One week before	Volunteer run-through; emergency rehearsal; room map; print covenant and roster; prepare Week 1 materials.
Launch day	Inspect space; brief team; greet participants; state covenant and safety language; begin below the room's maximum.

Recommended roles

- Lead facilitator: teaches the central truth, controls the pace, and protects the group's tone.
- Adaptation and safety lead: demonstrates options, observes the room, manages stop signs, and knows the emergency plan.
- Hospitality and access lead: welcomes participants, manages chairs/water/route access, and notices social barriers.
- Follow-up lead: responds privately to invited contact, uses approved communication, and routes pastoral or clinical needs appropriately.

Room setup

- ☐ Clear all travel lanes and confirm accessible entry, restroom, water, and exit routes.
- ☐ Place stable chairs along the perimeter and at any station where balance may be challenged.
- ☐ Create a visible rest area that does not isolate or shame the person using it.
- ☐ Keep equipment loads conservative, labeled, intact, and spaced to prevent collisions.

- ☐ Confirm temperature, lighting, ventilation, floor condition, sound level, first-aid access, phone signal, and emergency address.
- ☐ Do not lock doors or obstruct exits. Know who calls for help, who meets responders, and who remains with the group.

Invitation copy

USE OR ADAPT Carry the Calling is a free twelve-week, faith-centered fitness journey for adults of varied ages and starting points. Every gathering includes Scripture, adaptable movement, practical food or recovery skills, prayer, and a clear action for the week. Participation is voluntary; seated, supported, lower-impact, and rest options are normal. The program provides general education and does not replace individualized medical care.

PROGRAM ARCHITECTURE

The Repeatable 75-Minute Gathering

Time	Purpose
0-10 min	Welcome and voluntary check-in. Inspect readiness, restate the safety language, and normalize passing.
10-20 min	Scripture and reflection. Teach one central truth and ask one open question.
20-50 min	Adaptable movement. Warm up, practice the weekly patterns, show options, and protect conversational effort.
50-65 min	Practical workshop. Food, recovery, walking, home setup, accountability, or obstacle-solving.
65-75 min	Prayer and next action. Every person chooses one attainable practice; close without forced disclosure.

When time is shorter

For a 45-minute gathering, keep 5 minutes for welcome, 7 for Scripture, 20 for movement, 8 for the practical skill, and 5 for prayer and the next action. Do not remove the safety statement, the warm-up, options, or the closing action.

The floor, target, and ceiling

Level	Coaching meaning
Floor	The smallest safe version that protects continuity on a hard day. It counts completely.
Target	The normal planned dose for most prepared participants in an ordinary week.
Ceiling	An optional greater dose only when experience, technique, symptoms, recovery, and time truly support it.

LEADER RULE Never make the ceiling the emotional standard. Celebrate wise selection of the floor, target, or ceiling based on honest evidence.

WEEKLY LEADER HUDDLE Name the central truth and visible options; review stop signs and environmental risks; assign timing, adaptation, hospitality, follow-up, and emergency roles; decide what can be simplified so the group leaves safe and clear.

PART II • FOUNDATION

Week 1 • Tell the Truth, Start Small

CENTRAL TRUTH A small beginning practiced with honesty is stronger than an impressive beginning that cannot be sustained.

Session anchor	Plan
Scripture	Zechariah 4:10
Leader reading	Start Strong, Chapter 3: Build Your Minimum
Home practice	Complete the movement floor twice and take two comfortable walks before the next gathering.

Outcomes for the gathering

- Explain the movement floor and the talk test
- Practice six foundational patterns with visible options
- Write one hard-day minimum practice

Leader preparation

- ☐ Read Zechariah 4:10 in context, review Start Strong, Chapter 3: Build Your Minimum, and rehearse every movement option.
- ☐ Inspect the room, equipment, walking route, sound, temperature, water, exits, and emergency access.
- ☐ Decide what can be shortened, prepare the closing question, and confirm the referral pathway for needs beyond the leader's role.

Opening script • 0-10 minutes

Welcome the group, offer a one-word energy check-in with permission to pass, and restate the safety statement. Introduce Tell the Truth, Start Small with the central truth: “A small beginning practiced with honesty is stronger than an impressive beginning that cannot be sustained.”

Scripture and reflection • 10-20 minutes

Read Zechariah 4:10. Keep the teaching focused on the text and the week's practice. Do not turn the reflection into public confession about weight, food, diagnoses, or body image.

Discussion question: What do you want greater health and capacity to help you carry? What has made past plans difficult to sustain?

WEEK 1 • FACILITATION PLAN

Adaptable Movement • 20-50 Minutes

Teach the talk test and effort scale. Practice a seated or standing warm-up, supported sit-to-stand, wall or counter push-up, supported row, hinge rehearsal, and a five-minute conversational walk. Use one easy round.

Three respected levels

Choice	Today's version
Floor	Five minutes: warm up, sit-to-stand, counter push-up, easy walk.
Target	One controlled full-body round plus a five- to ten-minute walk.
Ceiling	Two controlled rounds only for participants who are already prepared and recovering well.

Movement block coaching order

1. Orient and demonstrate: name purpose, support, and stop signs; show the supported option first.
2. Rehearse: use slow practice repetitions before adding continuous rounds.
3. Observe and recover: coach one behavior at a time and allow conversational rest without explanation.
4. Close: ask what version felt repeatable and what should change at home.

Practical workshop • 50-65 minutes

Each person writes a minimum practice for a hard day: five to ten minutes, safe, specific, and repeatable.

Prayer, action, and follow-up • 65-75 minutes

Ask for honesty, freedom from shame, and courage to begin at the right level. Home practice: Complete the movement floor twice and take two comfortable walks before the next gathering.

Leader closeout: confirm safe departure and no unresolved urgent concern; assign only invited or required private follow-up; secure approved records; record one change for next week.

PART II • FOUNDATION

Week 2 • Safety Before Intensity

CENTRAL TRUTH Wisdom is not fear. It is the discipline that keeps strength available for the long calling.

Session anchor	Plan
Scripture	Proverbs 4:7
Leader reading	Start Strong, Chapter 2: Safety Before Intensity
Home practice	Create a safe training zone at home and remove one avoidable obstacle.

Outcomes for the gathering

- Name the urgent stop signs and the leader response
- Set up a safe movement space
- Use support, range, and pace as normal adaptations

Leader preparation

- ☐ Read Proverbs 4:7 in context, review Start Strong, Chapter 2: Safety Before Intensity, and rehearse every movement option.
- ☐ Inspect the room, equipment, walking route, sound, temperature, water, exits, and emergency access.
- ☐ Decide what can be shortened, prepare the closing question, and confirm the referral pathway for needs beyond the leader's role.

Opening script • 0-10 minutes

Welcome the group, offer a one-word energy check-in with permission to pass, and restate the safety statement. Introduce Safety Before Intensity with the central truth: “Wisdom is not fear. It is the discipline that keeps strength available for the long calling.”

Scripture and reflection • 10-20 minutes

Read Proverbs 4:7. Keep the teaching focused on the text and the week's practice. Do not turn the reflection into public confession about weight, food, diagnoses, or body image.

Discussion question: What helps you distinguish wise effort from a symptom that deserves attention?

WEEK 2 • FACILITATION PLAN

Adaptable Movement • 20-50 Minutes

Rehearse space checks, supported positions, controlled range, breathing, and stopping rules. Practice sit-to-stand, counter push-up, band or towel row, supported march, and balance near stable support.

Three respected levels

Choice	Today's version
Floor	Seated warm-up and one supported pattern at a time.
Target	One round with a leader demonstrating the support option first.
Ceiling	A second round with no new movement variation and no intensity contest.

Movement block coaching order

1. Orient and demonstrate: name purpose, support, and stop signs; show the supported option first.
2. Rehearse: use slow practice repetitions before adding continuous rounds.
3. Observe and recover: coach one behavior at a time and allow conversational rest without explanation.
4. Close: ask what version felt repeatable and what should change at home.

Practical workshop • 50-65 minutes

Walk the room together and identify safe routes, stable supports, trip hazards, rest areas, and emergency response steps.

Prayer, action, and follow-up • 65-75 minutes

Ask for discernment, humility, and protection for every person and household. Home practice: Create a safe training zone at home and remove one avoidable obstacle.

Leader closeout: confirm safe departure and no unresolved urgent concern; assign only invited or required private follow-up; secure approved records; record one change for next week.

PART II • FOUNDATION

Week 3 • Build the Repeatable Week

CENTRAL TRUTH A calendar reveals what inspiration alone cannot protect.

Session anchor	Plan
Scripture	Ephesians 5:15-16
Leader reading	Strength After 40, 50 & 60, Chapter 8: The Weekly Architecture
Home practice	Keep two planned movement appointments and prepare the environment the night before.

Outcomes for the gathering

- Place movement and recovery into a real calendar
- Choose an equipment-appropriate full-body menu
- Build a preparation ritual for vulnerable appointments

Leader preparation

- ☐ Read Ephesians 5:15-16 in context, review Strength After 40, 50 & 60, Chapter 8: The Weekly Architecture, and rehearse every movement option.
- ☐ Inspect the room, equipment, walking route, sound, temperature, water, exits, and emergency access.
- ☐ Decide what can be shortened, prepare the closing question, and confirm the referral pathway for needs beyond the leader's role.

Opening script • 0-10 minutes

Welcome the group, offer a one-word energy check-in with permission to pass, and restate the safety statement. Introduce Build the Repeatable Week with the central truth: "A calendar reveals what inspiration alone cannot protect."

Scripture and reflection • 10-20 minutes

Read Ephesians 5:15-16. Keep the teaching focused on the text and the week's practice. Do not turn the reflection into public confession about weight, food, diagnoses, or body image.

Discussion question: Which appointment is most vulnerable, and what preparation would protect it?

WEEK 3 • FACILITATION PLAN

Adaptable Movement • 20-50 Minutes

Practice two rounds of squat or sit, push, pull, hinge, supported step or march, and brace or carry. Demonstrate chair, bodyweight, band, and light-load options.

Three respected levels

Choice	Today's version
Floor	One round of the six patterns.
Target	Two rounds with conversational recovery between stations.
Ceiling	Three rounds only for experienced participants with sound form and steady recovery.

Movement block coaching order

1. Orient and demonstrate: name purpose, support, and stop signs; show the supported option first.
2. Rehearse: use slow practice repetitions before adding continuous rounds.
3. Observe and recover: coach one behavior at a time and allow conversational rest without explanation.
4. Close: ask what version felt repeatable and what should change at home.

Practical workshop • 50-65 minutes

Map two strength appointments, two or three walking opportunities, meal preparation, and a recovery window onto a real weekly calendar.

Prayer, action, and follow-up • 65-75 minutes

Ask for wisdom to redeem time without turning life into anxious performance. Home practice: Keep two planned movement appointments and prepare the environment the night before.

Leader closeout: confirm safe departure and no unresolved urgent concern; assign only invited or required private follow-up; secure approved records; record one change for next week.

PART II • FOUNDATION

Week 4 • Nourish Without Shame

CENTRAL TRUTH Food is provision and preparation, not a moral scorecard.

Session anchor	Plan
Scripture	Matthew 6:11
Leader reading	Healthy Eating on a Tight Budget, Chapter 2: Build the Budget Plate
Home practice	Prepare one balanced meal twice and add one useful pantry or freezer staple.

Outcomes for the gathering

- Build a flexible plate from ordinary foods
- Name affordable protein and produce options
- Remove body shame and food policing from the group culture

Leader preparation

- ☐ Read Matthew 6:11 in context, review Healthy Eating on a Tight Budget, Chapter 2: Build the Budget Plate, and rehearse every movement option.
- ☐ Inspect the room, equipment, walking route, sound, temperature, water, exits, and emergency access.
- ☐ Decide what can be shortened, prepare the closing question, and confirm the referral pathway for needs beyond the leader's role.

Opening script • 0-10 minutes

Welcome the group, offer a one-word energy check-in with permission to pass, and restate the safety statement. Introduce Nourish Without Shame with the central truth: “Food is provision and preparation, not a moral scorecard.”

Scripture and reflection • 10-20 minutes

Read Matthew 6:11. Keep the teaching focused on the text and the week's practice. Do not turn the reflection into public confession about weight, food, diagnoses, or body image.

Discussion question: What simple meal removes the most pressure from your week? Which food rules create shame instead of wisdom?

WEEK 4 • FACILITATION PLAN

Adaptable Movement • 20-50 Minutes

Use an easy circuit and invite participants to notice energy, thirst, and recovery without judging the body. Finish with relaxed breathing.

Three respected levels

Choice	Today's version
Floor	Five minutes of easy movement and one written meal decision.
Target	One easy circuit plus the complete plate workshop.
Ceiling	A second easy circuit; never use movement to earn or punish food.

Movement block coaching order

1. Orient and demonstrate: name purpose, support, and stop signs; show the supported option first.
2. Rehearse: use slow practice repetitions before adding continuous rounds.
3. Observe and recover: coach one behavior at a time and allow conversational rest without explanation.
4. Close: ask what version felt repeatable and what should change at home.

Practical workshop • 50-65 minutes

Build sample plates with an affordable protein, produce, a satisfying energy source, flavor, and water. Discuss portions as adjustable rather than punitive.

Prayer, action, and follow-up • 65-75 minutes

Give thanks for provision and ask for wisdom, access, and peace around food. Home practice: Prepare one balanced meal twice and add one useful pantry or freezer staple.

Leader closeout: confirm safe departure and no unresolved urgent concern; assign only invited or required private follow-up; secure approved records; record one change for next week.

PART II • BUILD

Week 5 • Progress With Control

CENTRAL TRUTH Strength under control is more mature than intensity without judgment.

Session anchor	Plan
Scripture	Proverbs 16:32
Leader reading	Train Anywhere, Chapter 3: Progress Without a Weight Stack
Home practice	Progress one movement once, and record how it felt during and the next day.

Outcomes for the gathering

- Use repetitions in reserve to protect technique
- Progress only one variable at a time
- Record during-session and next-day response

Leader preparation

- ☐ Read Proverbs 16:32 in context, review Train Anywhere, Chapter 3: Progress Without a Weight Stack, and rehearse every movement option.
- ☐ Inspect the room, equipment, walking route, sound, temperature, water, exits, and emergency access.
- ☐ Decide what can be shortened, prepare the closing question, and confirm the referral pathway for needs beyond the leader's role.

Opening script • 0-10 minutes

Welcome the group, offer a one-word energy check-in with permission to pass, and restate the safety statement. Introduce Progress With Control with the central truth: “Strength under control is more mature than intensity without judgment.”

Scripture and reflection • 10-20 minutes

Read Proverbs 16:32. Keep the teaching focused on the text and the week's practice. Do not turn the reflection into public confession about weight, food, diagnoses, or body image.

Discussion question: Where are you tempted to rush? What evidence would show that you are ready to progress?

WEEK 5 • FACILITATION PLAN

Adaptable Movement • 20-50 Minutes

Repeat the full-body pattern. Let each person progress only one variable: one or two clean repetitions, a small load, a little range, or one additional set. Keep two to four repetitions in reserve.

Three respected levels

Choice	Today's version
Floor	Repeat last week's easiest successful version.
Target	Progress one variable in one or two patterns.
Ceiling	A small progression across several patterns only with clear readiness evidence.

Movement block coaching order

1. Orient and demonstrate: name purpose, support, and stop signs; show the supported option first.
2. Rehearse: use slow practice repetitions before adding continuous rounds.
3. Observe and recover: coach one behavior at a time and allow conversational rest without explanation.
4. Close: ask what version felt repeatable and what should change at home.

Practical workshop • 50-65 minutes

Use a progression decision tree: Is form controlled? Are symptoms acceptable? Is recovery steady? If yes, change one variable; if no, repeat or reduce.

Prayer, action, and follow-up • 65-75 minutes

Ask for patience, self-command, and freedom from proving. Home practice: Progress one movement once, and record how it felt during and the next day.

Leader closeout: confirm safe departure and no unresolved urgent concern; assign only invited or required private follow-up; secure approved records; record one change for next week.

PART II • BUILD

Week 6 • Walk Your Way Forward

CENTRAL TRUTH The walk becomes training when pace, duration, route, and recovery are chosen on purpose.

Session anchor	Plan
Scripture	Psalms 37:23-24
Leader reading	Walking Your Way to Fitness, Chapter 3: Find Your Baseline and Pace
Home practice	Complete three baseline walks or equivalent low-impact movement sessions.

Outcomes for the gathering

- Find an accessible conversational baseline
- Plan weather and mobility alternatives
- Use intervals only after a stable base exists

Leader preparation

- ☐ Read Psalm 37:23-24 in context, review Walking Your Way to Fitness, Chapter 3: Find Your Baseline and Pace, and rehearse every movement option.
- ☐ Inspect the room, equipment, walking route, sound, temperature, water, exits, and emergency access.
- ☐ Decide what can be shortened, prepare the closing question, and confirm the referral pathway for needs beyond the leader's role.

Opening script • 0-10 minutes

Welcome the group, offer a one-word energy check-in with permission to pass, and restate the safety statement. Introduce Walk Your Way Forward with the central truth: “The walk becomes training when pace, duration, route, and recovery are chosen on purpose.”

Scripture and reflection • 10-20 minutes

Read Psalm 37:23-24. Keep the teaching focused on the text and the week's practice. Do not turn the reflection into public confession about weight, food, diagnoses, or body image.

Discussion question: What makes a walking plan feel safe, welcoming, and realistic in your life?

WEEK 6 • FACILITATION PLAN

Adaptable Movement • 20-50 Minutes

After a brief warm-up, walk in pairs or access-matched groups at a conversational pace. Offer indoor, seated-march, mobility, and shorter-loop options. Add only brief controlled intervals where appropriate.

Three respected levels

Choice	Today's version
Floor	Five minutes on the safest available route or supported seated marching.
Target	Fifteen to twenty minutes at conversational pace.
Ceiling	A few short brisk intervals for prepared walkers while conversation remains possible.

Movement block coaching order

1. Orient and demonstrate: name purpose, support, and stop signs; show the supported option first.
2. Rehearse: use slow practice repetitions before adding continuous rounds.
3. Observe and recover: coach one behavior at a time and allow conversational rest without explanation.
4. Close: ask what version felt repeatable and what should change at home.

Practical workshop • 50-65 minutes

Each person chooses a safe baseline route, weather alternative, footwear check, and weekly walking target.

Prayer, action, and follow-up • 65-75 minutes

Ask God to order each step and help the group return after interruptions. Home practice: Complete three baseline walks or equivalent low-impact movement sessions.

Leader closeout: confirm safe departure and no unresolved urgent concern; assign only invited or required private follow-up; secure approved records; record one change for next week.

PART II • BUILD

Week 7 • Balance, Core & Confidence

CENTRAL TRUTH Confidence grows when safe practice creates evidence.

Session anchor	Plan
Scripture	Psalm 18:36
Leader reading	Balance, Core & Fall Prevention, Chapter 5: Practice the Six Balance Skills
Home practice	Practice five minutes of supported balance on three days; never practice alone if unsafe.

Outcomes for the gathering

- Set up a safe balance practice zone
- Practice six balance skills with support
- Connect steadiness to real-life independence

Leader preparation

- ☐ Read Psalm 18:36 in context, review Balance, Core & Fall Prevention, Chapter 5: Practice the Six Balance Skills, and rehearse every movement option.
- ☐ Inspect the room, equipment, walking route, sound, temperature, water, exits, and emergency access.
- ☐ Decide what can be shortened, prepare the closing question, and confirm the referral pathway for needs beyond the leader's role.

Opening script • 0-10 minutes

Welcome the group, offer a one-word energy check-in with permission to pass, and restate the safety statement. Introduce Balance, Core & Confidence with the central truth: “Confidence grows when safe practice creates evidence.”

Scripture and reflection • 10-20 minutes

Read Psalm 18:36. Keep the teaching focused on the text and the week's practice. Do not turn the reflection into public confession about weight, food, diagnoses, or body image.

Discussion question: Where would greater steadiness improve ordinary life? What support makes practice possible?

WEEK 7 • FACILITATION PLAN

Adaptable Movement • 20-50 Minutes

At stable support, practice weight shifts, narrow stance, controlled reaching, stepping in several directions, a supported single-leg variation, and a braced carry. Keep a safety lead attentive.

Three respected levels

Choice	Today's version
Floor	Seated weight shifts, ankle motion, and supported standing.
Target	One pass through all six skills beside stable support.
Ceiling	A second pass with a smaller base or gentle reach; support remains within reach.

Movement block coaching order

1. Orient and demonstrate: name purpose, support, and stop signs; show the supported option first.
2. Rehearse: use slow practice repetitions before adding continuous rounds.
3. Observe and recover: coach one behavior at a time and allow conversational rest without explanation.
4. Close: ask what version felt repeatable and what should change at home.

Practical workshop • 50-65 minutes

Create a fall-aware home map: lighting, rugs, cords, stairs, bathroom supports, pets, footwear, and an emergency plan.

Prayer, action, and follow-up • 65-75 minutes

Ask for steady steps, wise support, and courage without recklessness. Home practice: Practice five minutes of supported balance on three days; never practice alone if unsafe.

Leader closeout: confirm safe departure and no unresolved urgent concern; assign only invited or required private follow-up; secure approved records; record one change for next week.

PART II • BUILD

Week 8 • Restore and Recalibrate

CENTRAL TRUTH Recovery is where the work becomes usable capacity.

Session anchor	Plan
Scripture	Mark 6:31
Leader reading	Sleep, Recovery & Stress Management, Chapter 5: Create a Downshift You Can Repeat
Home practice	Use a ten-minute evening downshift for five nights and keep movement easy.

Outcomes for the gathering

- Recognize signals for reduced training demand
- Build a ten-minute evening downshift
- Use a lighter week without abandoning identity

Leader preparation

- ☐ Read Mark 6:31 in context, review Sleep, Recovery & Stress Management, Chapter 5: Create a Downshift You Can Repeat, and rehearse every movement option.
- ☐ Inspect the room, equipment, walking route, sound, temperature, water, exits, and emergency access.
- ☐ Decide what can be shortened, prepare the closing question, and confirm the referral pathway for needs beyond the leader's role.

Opening script • 0-10 minutes

Welcome the group, offer a one-word energy check-in with permission to pass, and restate the safety statement. Introduce Restore and Recalibrate with the central truth: “Recovery is where the work becomes usable capacity.”

Scripture and reflection • 10-20 minutes

Read Mark 6:31. Keep the teaching focused on the text and the week's practice. Do not turn the reflection into public confession about weight, food, diagnoses, or body image.

Discussion question: What signal tells you that you need to reduce training demand? Which recovery practice is most available now?

WEEK 8 • FACILITATION PLAN

Adaptable Movement • 20-50 Minutes

Reduce total volume. Use easy mobility, relaxed walking, breathing, and a brief technique circuit. Let participants finish fresher than they began.

Three respected levels

Choice	Today's version
Floor	Five minutes of gentle mobility or breathing.
Target	Easy technique circuit at about two-thirds usual volume.
Ceiling	There is no intensity ceiling this week; finish restored.

Movement block coaching order

1. Orient and demonstrate: name purpose, support, and stop signs; show the supported option first.
2. Rehearse: use slow practice repetitions before adding continuous rounds.
3. Observe and recover: coach one behavior at a time and allow conversational rest without explanation.
4. Close: ask what version felt repeatable and what should change at home.

Practical workshop • 50-65 minutes

Build a repeatable downshift: light, screens, caffeine timing, bedroom cues, breathing or prayer, and an honest bedtime window.

Prayer, action, and follow-up • 65-75 minutes

Receive rest without guilt and ask for peace that restores body and mind. Home practice: Use a ten-minute evening downshift for five nights and keep movement easy.

Leader closeout: confirm safe departure and no unresolved urgent concern; assign only invited or required private follow-up; secure approved records; record one change for next week.

PART II • CARRY

Week 9 • Train for Real Life

CENTRAL TRUTH Capacity becomes meaningful when it helps us serve, work, worship, play, and remain independent.

Session anchor	Plan
Scripture	1 Peter 4:10
Leader reading	Strength After 40, 50 & 60, Chapter 4: Know the Five Capacities
Home practice	Complete two full-body sessions and notice one daily task that feels different.

Outcomes for the gathering

- Connect movement patterns to daily responsibilities
- Choose one useful capacity target
- Practice function without turning it into a competition

Leader preparation

- ☐ Read 1 Peter 4:10 in context, review Strength After 40, 50 & 60, Chapter 4: Know the Five Capacities, and rehearse every movement option.
- ☐ Inspect the room, equipment, walking route, sound, temperature, water, exits, and emergency access.
- ☐ Decide what can be shortened, prepare the closing question, and confirm the referral pathway for needs beyond the leader's role.

Opening script • 0-10 minutes

Welcome the group, offer a one-word energy check-in with permission to pass, and restate the safety statement. Introduce Train for Real Life with the central truth: “Capacity becomes meaningful when it helps us serve, work, worship, play, and remain independent.”

Scripture and reflection • 10-20 minutes

Read 1 Peter 4:10. Keep the teaching focused on the text and the week's practice. Do not turn the reflection into public confession about weight, food, diagnoses, or body image.

Discussion question: Where has growing capacity already made life easier? Whom could it help you serve?

WEEK 9 • FACILITATION PLAN

Adaptable Movement • 20-50 Minutes

Practice carrying, stepping, getting up from a chair, reaching, pushing, pulling, bracing, and walking. Connect each pattern to groceries, stairs, caregiving, work, play, or ministry.

Three respected levels

Choice	Today's version
Floor	One round using patterns tied to a chosen daily task.
Target	Two rounds with controlled carries, steps, and transitions.
Ceiling	Slightly longer carries or a small load progression with no grip or gait breakdown.

Movement block coaching order

1. Orient and demonstrate: name purpose, support, and stop signs; show the supported option first.
2. Rehearse: use slow practice repetitions before adding continuous rounds.
3. Observe and recover: coach one behavior at a time and allow conversational rest without explanation.
4. Close: ask what version felt repeatable and what should change at home.

Practical workshop • 50-65 minutes

Each person identifies one real-life task and chooses a safe movement pattern that supports it.

Prayer, action, and follow-up • 65-75 minutes

Offer growing strength back to God for useful service. Home practice: Complete two full-body sessions and notice one daily task that feels different.

Leader closeout: confirm safe departure and no unresolved urgent concern; assign only invited or required private follow-up; secure approved records; record one change for next week.

PART II • CARRY

Week 10 • Build a Household Culture

CENTRAL TRUTH Support becomes durable when it invites rather than polices.

Session anchor	Plan
Scripture	Ecclesiastes 4:9-10
Leader reading	Fitness for Couples & Families, Chapter 1: Build a Culture, Not a Police Force
Home practice	Invite one shared walk or meal without pressure, and ask what support is welcome.

Outcomes for the gathering

- Ask what support is actually welcome
- Practice accountability without comparison
- Invite movement and meals without controlling another person

Leader preparation

- ☐ Read Ecclesiastes 4:9-10 in context, review Fitness for Couples & Families, Chapter 1: Build a Culture, Not a Police Force, and rehearse every movement option.
- ☐ Inspect the room, equipment, walking route, sound, temperature, water, exits, and emergency access.
- ☐ Decide what can be shortened, prepare the closing question, and confirm the referral pathway for needs beyond the leader's role.

Opening script • 0-10 minutes

Welcome the group, offer a one-word energy check-in with permission to pass, and restate the safety statement. Introduce Build a Household Culture with the central truth: “Support becomes durable when it invites rather than polices.”

Scripture and reflection • 10-20 minutes

Read Ecclesiastes 4:9-10. Keep the teaching focused on the text and the week's practice. Do not turn the reflection into public confession about weight, food, diagnoses, or body image.

Discussion question: What kind of support helps you? What kind makes healthy action harder?

WEEK 10 • FACILITATION PLAN

Adaptable Movement • 20-50 Minutes

Use partner stations with individual options: walking, sit-to-stand, wall push-up, row, carry, and mobility. Partners encourage behavior and technique without ranking performance.

Three respected levels

Choice	Today's version
Floor	One partner-supported round with each person choosing their own variation.
Target	Two partner rounds and one consent-based coaching conversation.
Ceiling	Add time together, never competitive scoring.

Movement block coaching order

1. Orient and demonstrate: name purpose, support, and stop signs; show the supported option first.
2. Rehearse: use slow practice repetitions before adding continuous rounds.
3. Observe and recover: coach one behavior at a time and allow conversational rest without explanation.
4. Close: ask what version felt repeatable and what should change at home.

Practical workshop • 50-65 minutes

Practice supportive language. Replace control, criticism, and unsolicited advice with invitation, specific praise, practical help, and consent.

Prayer, action, and follow-up • 65-75 minutes

Ask for homes and relationships marked by grace, truth, joy, and mutual support. Home practice: Invite one shared walk or meal without pressure, and ask what support is welcome.

Leader closeout: confirm safe departure and no unresolved urgent concern; assign only invited or required private follow-up; secure approved records; record one change for next week.

PART II • CARRY

Week 11 • Return Without Punishment

CENTRAL TRUTH Missing is an event. Returning is a practiced skill.

Session anchor	Plan
Scripture	Micah 7:8
Leader reading	Start Strong, Chapter 16: Missed Days and the Restart Rule
Home practice	Use the restart rule at the first need and tell an accountability partner what helped.

Outcomes for the gathering

- Use the restart rule after interruption
- Separate obstacle analysis from self-condemnation
- Reduce the first dose back when needed

Leader preparation

- ☐ Read Micah 7:8 in context, review Start Strong, Chapter 16: Missed Days and the Restart Rule, and rehearse every movement option.
- ☐ Inspect the room, equipment, walking route, sound, temperature, water, exits, and emergency access.
- ☐ Decide what can be shortened, prepare the closing question, and confirm the referral pathway for needs beyond the leader's role.

Opening script • 0-10 minutes

Welcome the group, offer a one-word energy check-in with permission to pass, and restate the safety statement. Introduce Return Without Punishment with the central truth: “Missing is an event. Returning is a practiced skill.”

Scripture and reflection • 10-20 minutes

Read Micah 7:8. Keep the teaching focused on the text and the week's practice. Do not turn the reflection into public confession about weight, food, diagnoses, or body image.

Discussion question: What all-or-nothing sentence needs to be replaced? What is your next safe opening?

WEEK 11 • FACILITATION PLAN

Adaptable Movement • 20-50 Minutes

Teach the ten-minute return session, then allow the group to choose the floor or the standard session. Emphasize reduced volume after illness, travel, major stress, or prolonged absence.

Three respected levels

Choice	Today's version
Floor	Ten-minute return session with easy versions.
Target	About two-thirds of recent normal volume after a short interruption.
Ceiling	No catch-up work. Resume the normal plan only when recovery evidence supports it.

Movement block coaching order

1. Orient and demonstrate: name purpose, support, and stop signs; show the supported option first.
2. Rehearse: use slow practice repetitions before adding continuous rounds.
3. Observe and recover: coach one behavior at a time and allow conversational rest without explanation.
4. Close: ask what version felt repeatable and what should change at home.

Practical workshop • 50-65 minutes

Write a restart sentence, identify one recurring obstacle, and change one part of the system rather than attacking personal worth.

Prayer, action, and follow-up • 65-75 minutes

Ask for mercy, honesty, resilience, and a clean return. Home practice: Use the restart rule at the first need and tell an accountability partner what helped.

Leader closeout: confirm safe departure and no unresolved urgent concern; assign only invited or required private follow-up; secure approved records; record one change for next week.

PART II • CARRY

Week 12 • Carry the Calling Forward

CENTRAL TRUTH The end of a program should become the beginning of a rule of life.

Session anchor	Plan
Scripture	Ephesians 4:1
Leader reading	Strength After 40, 50 & 60, Chapter 17: The Forever Strength Plan
Home practice	Schedule the first two weeks of the continuation plan and choose the next gathering or accountability rhythm.

Outcomes for the gathering

- Honor non-scale evidence of progress
- Write the next twelve-week rule of life
- Schedule support and the first two continuation weeks

Leader preparation

- ☐ Read Ephesians 4:1 in context, review Strength After 40, 50 & 60, Chapter 17: The Forever Strength Plan, and rehearse every movement option.
- ☐ Inspect the room, equipment, walking route, sound, temperature, water, exits, and emergency access.
- ☐ Decide what can be shortened, prepare the closing question, and confirm the referral pathway for needs beyond the leader's role.

Opening script • 0-10 minutes

Welcome the group, offer a one-word energy check-in with permission to pass, and restate the safety statement. Introduce Carry the Calling Forward with the central truth: “The end of a program should become the beginning of a rule of life.”

Scripture and reflection • 10-20 minutes

Read Ephesians 4:1. Keep the teaching focused on the text and the week's practice. Do not turn the reflection into public confession about weight, food, diagnoses, or body image.

Discussion question: What changed in function, courage, energy, consistency, service, or hope? What will remain?

WEEK 12 • FACILITATION PLAN

Adaptable Movement • 20-50 Minutes

Revisit familiar patterns with control. Participants may repeat safe personal function checks, choose a favorite session, or complete a victory walk. Do not max out or compare scores.

Three respected levels

Choice	Today's version
Floor	A victory walk, easy circuit, or five-minute mobility practice.
Target	Favorite full-body session performed with excellent control.
Ceiling	No maximum testing; the goal is a strong finish and a clear continuation.

Movement block coaching order

1. Orient and demonstrate: name purpose, support, and stop signs; show the supported option first.
2. Rehearse: use slow practice repetitions before adding continuous rounds.
3. Observe and recover: coach one behavior at a time and allow conversational rest without explanation.
4. Close: ask what version felt repeatable and what should change at home.

Practical workshop • 50-65 minutes

Write the next twelve-week rule of life: strength, walking, nourishment, recovery, prayer, support, and a return plan.

Prayer, action, and follow-up • 65-75 minutes

Give thanks, bless each person's next season, and dedicate growing capacity to faithful living. Home practice: Schedule the first two weeks of the continuation plan and choose the next gathering or accountability rhythm.

Leader closeout: confirm safe departure and no unresolved urgent concern; assign only invited or required private follow-up; secure approved records; record one change for next week.

PART III

Coaching Field Guide

4. Movement Options and Progression

The six-pattern menu

Pattern	Option pathway
Squat / sit	Seated knee extension or partial sit-to-stand • supported sit-to-stand • chair squat • loaded squat.
Hinge / lift	Seated hip fold • wall-supported hinge • dowel or unloaded hinge • backpack or dumbbell hinge.
Push	Seated press-out • wall push-up • counter push-up • lower incline or dumbbell press.
Pull	Towel isometric • supported band row • standing band row • dumbbell or cable row.
Step / walk	Seated march • supported march • level walk • low step-up • carefully progressed intervals.
Brace / carry	Seated brace and breathing • wall brace • light suitcase hold • controlled carry.

Warm-up that prepares rather than exhausts

1. One minute of easy breathing and posture awareness.
2. Ankle motion and supported marching or seated marching.
3. Gentle hip hinge and sit-to-stand rehearsal.
4. Shoulder circles, wall slides, or light pulling practice.
5. One easy rehearsal set of the first two planned movements.

Effort standard

Use conversational effort for walking and two to four repetitions in reserve for most strength work. A participant should usually finish a set knowing that more controlled repetitions were possible. Technique, symptoms, and recovery govern progression—not group pressure.

ONE-VARIABLE RULE Progress load, repetitions, sets, range, leverage, complexity, or walking time—one at a time. If next-day response is poor or symptoms worsen, reduce and reassess.

Joint-wise modification order

1. Slow the pace and reduce momentum.

2. Reduce range to a comfortable controlled zone.
3. Add stable support or choose a seated version.
4. Reduce load or repetitions.
5. Change the movement pattern while preserving the purpose.
6. Stop and refer when symptoms persist, worsen, or suggest injury or illness.

Balance, Falls, and Floor Work

Balance practice should occur beside stable support with a clear floor. Participants with recent falls, significant unsteadiness, dizziness, neurological symptoms, or clinician restrictions may need individualized evaluation before group balance work.

- Never require eyes-closed balance, unstable surfaces, tandem walking, or floor transitions as proof of courage.
- Do not use a volunteer's hand as the only support; a person can pull the volunteer down.
- Keep chairs and walls available. Reduce dual-task demands when instructions or conversation affect steadiness.
- Floor work is optional. Teach getting down and up only when the environment, leader competence, and participant readiness support it.
- After a fall, follow the emergency plan. Do not rush to lift someone before assessment; call qualified help when appropriate.

Sample 20-minute home session

Time	Practice
2 min	Easy warm-up: breathing, marching, shoulder motion, hinge rehearsal.
12 min	Two controlled rounds: sit-to-stand, counter push-up, supported row, hinge, supported march or step, wall brace.
4 min	Comfortable walking, cycling, or seated marching.
2 min	Slow down, breathe, and record one useful observation.

5. Nourishment, Recovery, and Prayer-Walk Guidance

Flexible plate method

Invite participants to build ordinary meals from a protein source, produce, a satisfying energy source, flavor, and water. Portions are adjusted for age, appetite, body size, activity, culture, budget, access, and professional guidance. The group does not prescribe calorie targets or use public food reporting.

Plate element	Practical choices
Affordable proteins	Beans, lentils, eggs, canned tuna or salmon, yogurt, tofu, chicken thighs, peanut or seed butter where safe.
Produce	Seasonal fruit, cabbage, carrots, potatoes, frozen vegetables, canned tomatoes, greens.
Energy sources	Oats, rice, potatoes, whole-grain bread or pasta, tortillas, fruit, beans.
Flavor	Herbs, spices, salsa, lemon, vinegar, modest sauces, culturally familiar seasonings.
Convenience	Frozen or canned produce, pre-cooked grains, batch beans, rotisserie chicken handled safely, planned leftovers.

ALLERGY AND MEDICAL-DIET BOUNDARY A group meal builder cannot verify allergens, cross-contact, medical diets, kidney or heart restrictions, blood-glucose management, medication interactions, eating-disorder recovery, or individualized nutrition needs. Participants must verify labels and follow qualified guidance.

Recovery coaching

- Protect a repeatable sleep opportunity and waking time when possible.
- Use a short downshift: lower light, reduce stimulation, prepare tomorrow, breathe or pray, and move toward bed.
- Match training demand to recovery. A lighter day may preserve the week better than forcing the target.
- Do not promise that sleep, prayer, food, supplements, or exercise alone will treat mental or medical illness.

Prayer-walk facilitation

Choose a safe, accessible route and offer an indoor or stationary option. Introduce the Scripture reference before movement, leave real silence, and end with one action. Do not require eyes closed, isolation, headphones near traffic, or disclosure of private prayer content.

6. Difficult Moments and Wise Referrals

Situation	Leader response
A participant reports pain	Stop the movement. Ask only what is needed for immediate safety. Offer rest or a different general option. Refer persistent, worsening, traumatic, or concerning symptoms.
Someone becomes dizzy	Stop, provide a safe supported position, follow the emergency plan, and do not resume simply because the group wants to continue.
A leader hears body ridicule	Interrupt it immediately and calmly. Restate the covenant. Follow up privately and apply organizational conduct policy.
A participant discloses an eating disorder	Thank them for the trust, protect privacy, avoid diet coaching, and support connection to qualified care under safeguarding and pastoral policy.
Someone requests a diet or supplement prescription	Stay within general education. Refer to an appropriately qualified clinician or registered dietitian.
A testimony includes medical claims	Do not publish it as proof of cure or guaranteed results. Request factual revision and appropriate consent; protect health privacy.
A participant repeatedly pushes unsafe intensity	Set a clear group boundary, remove competitive triggers, offer the planned ceiling, and involve program leadership if behavior continues.
A person needs pastoral support	Listen within role and time, preserve privacy, and connect them with the approved pastoral pathway. Fitness leaders are not automatically counselors.

Emergency response sequence

1. Stop the activity and make the immediate area safe.
2. Assign one leader to stay with the person and one to manage the group.
3. Call local emergency services when symptoms or the plan require it; provide the exact location.
4. Do not diagnose, give unapproved medication, or move a person after a serious fall unless required for immediate danger.
5. Meet responders, notify the organization's designated contact, and follow incident-reporting and safeguarding policy.
6. Afterward, protect privacy, debrief the leader team, and adjust the system—not rumors about the participant.

PART IV

Reproducible Group Tools

7. Leader Launch Checklist

- ☐ Pastoral/program approval documented.
- ☐ Facility, insurance, and organizational requirements reviewed.
- ☐ Safeguarding and volunteer-screening requirements satisfied.
- ☐ Emergency roles, contacts, address, and responder access confirmed.
- ☐ Accessible entry, restrooms, water, route, chairs, lighting, sound, and rest area checked.
- ☐ Leaders rehearsed seated, supported, standard, and progression options.
- ☐ Invitation accurately describes scope, voluntariness, and professional-care boundary.
- ☐ Secure registration and recordkeeping method approved.
- ☐ Group covenant printed and communication expectations set.
- ☐ Week 1 leader huddle and room setup scheduled.

Leader team assignment

Role	Assignment
Lead facilitator	_____ Contact: _____
Safety/adaptation lead	_____ Contact: _____
Hospitality/access lead	_____ Contact: _____
Follow-up lead	_____ Contact: _____
Pastoral/program contact	_____ Contact: _____
Emergency address	_____

Week 1 room inspection

Inspection item	Notes
Date / inspector	_____
Entry / exit / route	_____
Floor / lighting / temperature	_____
Chairs / equipment / water	_____
First aid / phone / emergency access	_____
Changes required before launch	_____ _____

Weekly Leader Preparation Sheet

Prepare	Leader notes
Week / theme	_____
Date / location	_____
Central truth	_____
Scripture	_____
Movement floor	_____
Movement target	_____
Visible adaptations	_____
Environmental risks	_____
Practical workshop materials	_____
Closing question	_____
Leader roles	_____
What will be shortened if needed?	_____

After the gathering

- ☐ Space and equipment checked
- ☐ No unresolved safety concern
- ☐ Invited/required follow-up assigned privately
- ☐ Approved records secured
- ☐ One improvement recorded for next week

One change for next week:

Session Roster • Minimal Information

PRIVACY Use an approved secure roster when possible. Do not record diagnoses, weight, measurements, medications, injuries, pastoral disclosures, or emergency details on this sheet.

[illegible]

Group: _____ Week: _____ Date: _____ Leader: _____

8. Carry the Calling Group Covenant

Read this agreement aloud in Week 1 and revisit it when the room needs repair.

1. We honor every person's dignity, pace, body, ability, privacy, and right to decline.
2. We coach consistency, function, courage, recovery, and service—not appearance or comparison.
3. We ask before touching, spotting, photographing, sharing, or discussing someone else's story.
4. We protect confidentiality while understanding that leaders must act when safety or safeguarding duties require it.
5. We use adaptations without apology and stop when symptoms or conditions make continued activity unsafe.
6. We offer encouragement without food policing, public weigh-ins, shame, ridicule, or forced disclosure.
7. We take responsibility for seeking qualified care and following our own professional medical guidance.
8. When we miss, we return at the next safe opening.

Group name:

Start date: _____ Lead facilitator:

Leader signature: _____ Date:

Participant Acknowledgment Sheet

Use only when this acknowledgment is appropriate under organizational policy. Keep completed sheets private and secure.

Printed name	Signature / approved acknowledgment	Date

Personal Rule of Life • Participant Copy

KEEP THIS PRIVATE This page belongs to the participant. Sharing answers with the group is always optional.

Area	My plan
My reason	What do I want greater capacity to help me carry? _____ —
Strength	My repeatable weekly strength rhythm _____ —
Walking / aerobic movement	My baseline route, time, and weather alternative _____ —
Nourishment	Two meals I can repeat and one preparation habit _____ —
Recovery	My sleep window and ten-minute downshift _____ —
Prayer / reflection	My daily or weekly practice _____ —
Support	The person and kind of support I welcome _____ —
Restart rule	What I will say and do after an interruption _____ —
First appointment	Date, time, location, and preparation _____ —

Private Function and Capacity Reflection

Use this as personal observation, not diagnosis, competition, or proof of worth. Choose only safe checks, use support, and follow professional guidance. Repeat under similar conditions every four to eight weeks if appropriate.

Observation	My private entry
Date	_____
30-second chair stands (optional)	_____ controlled repetitions Support used: _____
Supported balance (optional)	_____ seconds, up to 60 Position: _____
Comfortable walking (optional)	_____ minutes Route/conditions: _____
Wall or counter push-ups (optional)	_____ controlled repetitions Height: _____
Energy today	1 2 3 4 5
Recent sleep quality	1 2 3 4 5
One daily-life win	_____ _____ _____
One wise adjustment	_____ _____ _____

STOP Do not perform a check that is unsafe or medically restricted. Stop for concerning symptoms. Discuss falls, persistent pain, major changes, or uncertainty with a qualified professional.

9. Testimony Draft and Consent

Transformation stories can encourage the community, but people own their stories. Nothing should be published automatically. Medical claims, guaranteed outcomes, before-and-after pressure, and health details require careful review.

Prompt	Private draft
Chosen name	_____
Testimony title	_____
What changed?	Focus on consistency, function, courage, energy, service, hope, or daily life. _____ _____ _____
What helped?	_____ _____ _____
What will continue?	_____ _____ _____

Permission choice

- ☐ Private pastoral/program review only
- ☐ May be published with my chosen name after final review
- ☐ May be published anonymously after final review

I am at least 18 or the organization has obtained the required guardian/minor consent. I understand that review does not guarantee publication and that I may withdraw permission before publication under the organization's process.

Signature: _____ Date: _____

Reviewer: _____ Final approval date: _____

PUBLICATION REVIEW Remove unnecessary medical details, do not imply cure or guaranteed results, confirm every quotation, and obtain separate permission for photographs or video.

Continuation Plan • Week 13 and Beyond

Choose a sustainable model

Model	How it works
Monthly gathering	One group training and teaching session each month, with personal Academy plans between meetings.
Six-week cycles	Rotate strength, walking, balance, food, recovery, and family themes in shorter recurring blocks.
Walking and prayer group	Use accessible routes and the 7-, 21-, or 40-day guided prayer-walk journeys.
Household circles	Couples or families use shared movement and meal practices without body policing.
Leader development	Apprentice new facilitators under the same safety, consent, access, privacy, and referral standards.

Twelve-week continuation map

Block	Focus
Weeks 13-16	Repeat the Foundation movements, refine calendars, and strengthen the personal floor.
Weeks 17-20	Progress one variable, extend walking gradually, and revisit nourishment and recovery.
Weeks 21-24	Train real-life capacity, practice the restart rule, repeat safe personal observations, and write the next plan.

Program review questions

- Did participants experience dignity, consent, access, and real choice?
- Were the room, equipment, routes, transitions, and emergency response safe?
- Did leaders stay inside their role, protect privacy, and refer needs appropriately?
- What non-scale changes and access barriers did participants report?
- What should be simplified, strengthened, removed, repeated, or made more visible next cycle?

Next cycle start date: _____ Review meeting:

Lead facilitator: _____ Apprenticing leader:

10. Source Library and Final Leader Review

This leader kit is designed to work with The Alston Fitness Library. Assign optional reading by exact manual and chapter; participants may read online or download the free PDF or Word editions.

- Built to Carry the Calling · The complete kingdom fitness system
- Start Strong · A 30-day beginner reset
- Strength After 40, 50 & 60 · Joint-wise strength, power, balance, and independence
- Train Anywhere · Bodyweight, band, dumbbell, home, and travel plans
- Eat to Carry the Calling · Meal system, grocery guide, and recipes
- Joint-Friendly Strength & Mobility · Training around stiffness and sensitive joints
- Walking Your Way to Fitness · Baselines, pacing, and an eight-week plan
- Balance, Core & Fall Prevention · Supported practice and progression
- Fitness for Women Through Every Season · Cycle, pregnancy/postpartum boundaries, menopause, and strength
- Sleep, Recovery & Stress Management · Practical recovery systems
- Healthy Eating on a Tight Budget · Pantry, protein, batch cooking, and rotation
- Fitness for Couples & Families · Culture, shared movement, meals, and accountability

Public guidance consulted across the library

U.S. Department of Health and Human Services. [Physical Activity Guidelines for Americans, 2nd edition](#)

Centers for Disease Control and Prevention. [Physical Activity Guidelines for Adults](#)

Centers for Disease Control and Prevention. [Physical Activity Guidelines for Older Adults](#)

National Institute on Aging. [Exercise and Physical Activity](#)

National Institute on Aging. [Falls and Falls Prevention](#)

U.S. Department of Agriculture. [MyPlate](#)

FoodSafety.gov. [Food Safety Charts](#)

Office on Women's Health. [Physical Activity for All Women](#)

USE CURRENT GUIDANCE Public guidance and organizational policies can change. Leaders should use the current version of applicable law, safeguarding policy, emergency procedure, professional guidance, and facility requirements.

Final leader review

- ☐ I can state the scope and medical boundary clearly.

- ☐ I can demonstrate seated, supported, standard, and progression options without shaming any choice.
- ☐ I know the emergency plan, exact address, response roles, and organizational reporting process.
- ☐ I will not collect unnecessary personal or health information.
- ☐ I will interrupt ridicule, comparison, food policing, forced disclosure, and unsafe competition.
- ☐ I will refer needs outside my training and authority.
- ☐ I will measure the program by faithful practice, access, safety, function, service, hope, and the ability to return.

LOVE IT • BREATHE IT • TEACH IT • LIVE IT

Carry the calling with strength, wisdom, dignity, and grace.

Continue online: [Carry the Calling Fitness Academy](#)