



“Scouting Combine”

Spiritual Fitness Workout Coaching Points

(Individual)

- Set a specific day and time for your weekly workout.
- Find a specific quiet and private place to do your workout.
- Be consistent. Keep your workout appointment every week.
- Commit to follow the “Scouting Combine” workout format faithfully.
- Follow the content lineup for Season #1.
- View or listen to series episodes **for free** streaming on-line at the CTG website (www.crossingthegoal.com) or you can purchase a DVD through the website.
- A Workout Guide containing workout questions and reference material for the series episode can be downloaded **for free** from the CTG website.
- Make a hard copy of the Workout Guide so that you can make notes.
- Reflect upon the workout questions and reference material from the Workout Guide during your workout.
- Keep your Workout Guides in a notebook.
- Write down your action item each workout and keep notes on your progress.
- Make a concerted effort to accomplish your action item before the next workout.
- Focus on your spiritual training between workouts.
- Since CTG believes so strongly in team workouts, we highly recommend, as soon as possible, you should either join or start a “Training Camp” (Mini-Team) Spiritual Fitness Workout team.
- Let us know about your Scouting Combine Workout by periodically contacting us on our website so that we can network with you.