

Walk of Faith™
Health Recovery Project

Program Schedule: Day 9 (Tuesday)

6:00 AM – Suggested Wakeup Time (Private Devotion and Prep for Day)

6:45 AM – Weigh-In and Vital Signs

7:00 AM – Lemon Water – 16 oz.

—————▶ Morning Worship

7:45 AM – Barley Green with GSE – 6 oz.

—————▶ Exercise (Brisk Walk or Treadmill/Bicycle)

8:30 AM – Apple Almond Breakfast Drink – 16 oz.

—————▶ Health Presentation (Processed Foods and Disease Rates)

10:00 AM – Carrot Juice – 8 oz.

—————▶ Stretching Exercises and Gym

12:15 PM – Carrot Juice with Barley Green – 8 oz.

—————▶ Food Preparation Demonstration (Tomato Garlic Basil Delight)

1:00 PM – VEGAN LUNCH (Raw Vegan Pizza; Mixed Green Salad; Veggies; Minestrone Soup)

2:00 PM – Home Treatment Demonstration (Hot and Cold Contrast)

3:15 PM – Carrot Juice with Barley Green – 8 oz.

—————▶ Brisk Walk and Sunshine

4:00 PM – Video Presentation (The Miraculous Self-Healing Body)

5:00 PM – FRUIT PLATE (Papayas, Bananas, Apples, Other Seasonal Fruit)

—————▶ Evening Worship

6:15 PM – Video Or Scheduled Sauna, Massage and Other Treatments

7:30 PM – Herb Tea

—————▶ Group Discussion

8:15 PM – Check-In / Vital Signs

8:30 PM – Bedtime