

Walk of Faith™
Health Recovery Project

Cleanse Schedule: Day 4

6:00 AM – Suggested Wakeup Time

6:30 AM – Weigh-In and Vital Signs
Saltwater and Lemon Flush

7:00 AM – Green Energy Drink 8 oz.
—————▶ **Morning Worship**

7:30 AM – Water with GSE 8 oz.
—————▶ **Stretching Exercises**

7:45 AM – Exercise Period (Walk/Fitness Center)

9:00 AM – Apple Breakfast Drink
—————▶ **Health Lecture / Presentation**

10:30 AM – Carrot Juice 8 oz.
—————▶ **Sunshine and Breathing Exercises**

11:15 AM – Barley Green with Fresh Greens 8 oz.
—————▶ **Lifestyle Presentation**

12:00 PM – Carrot Juice 8 oz.
—————▶ **Check-In / Vital Signs**

12:30 PM – Water with GSE – 8 oz.
—————▶ **Walk on Grounds**

1:15 PM – VEGAN LUNCH

2:30 PM – Homework/Study/Rest

3:30 PM – Carrot Juice 8 oz.
—————▶ **Video Presentation**

4:30 PM – Barley Green 8 oz.
—————▶ **Hands-on Food Prep Demonstration**

5:00 PM – Carrot Juice 8 oz.
—————▶ **Check-In / Vital Signs**

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Cleanse Schedule: Day 4 - Continued

5:30 PM – Evening Worship

6:00 PM – FRUIT PLATE

6:30 PM – Video Or Scheduled Sauna, Massage and Other Treatments

7:45 PM – Detox Tea

—————▶ **Group Discussion**

8:30 PM – Supplements

—————▶ **Weigh-In and Vital Signs**

8:45 PM – Bedtime