



Organizing the “Regular Season” Spiritual Fitness Workout

Step 1: LEADERSHIP

- Pray for the Lord's guidance in selecting two or three key men who will make up the core coaching staff for the Spiritual Fitness Workout team.
- Choose two men to be the initial workout leaders -- Coach and Assistant Coach.
- As you grow, encourage others to become more involved in leadership roles.

Step 2: APPROVAL

- Set an appointment with the Pastor so that you can get his approval and ask him to join in with you in the meetings as a participant. Make sure the deacons are invited.
- Make sure you understand the mission, purpose, and goal for the Spiritual Fitness Workout (SFW) before meeting with the Pastor.
- Be prepared to explain to the Pastor the format of the workouts and the benefits to the Parish.

Step 3: LOCATION

- At the Parish. Choose a meeting room in the Parish center that gives you some privacy and the ability to expand.
- Make sure the area you choose is set up to handle a TV, monitor, laptop, iPad, etc.
- Homes are very nice but you will be limited to the size of the team and it is a huge commitment.

Step 4: EQUIPMENT & MATERIALS

- Each series episode can be viewed or listened to **FOR FREE** streaming on the website. You can also purchase a DVD for each series through the website.
- Bring a copy of the completed discussion questions along with a Bible.
- The Coach is responsible for bringing the CTG DVD or technology device to the workout.

Step 5: PROMOTION/RECRUITMENT

- All men are invited! (Recommendations from the Pastor/Deacon would be helpful)
- A personal invitation from a team member is the most effective way to bring new men into the team.
- Make an announcement from the pulpit at Mass; Parish bulletin; distribute postcards or business cards with workout information.
- At every CTG Conference or other men's conferences, either a presentation or a workshop concerning CTG Spiritual Fitness Workouts, should be part of the program.

Step 6: GROWTH

- The Coach should regularly send an email to keep men informed of the next workout.
- The man who brings a new member should follow up with a phone call to make sure everything is okay and to remind him of the next workout.
- The Coach and Assistant Coach should be aware of men that are constant "no-shows" and let them know they are missed.
- Each man should try to invite and bring one new man per month — and encourage him to keep coming back.
- When the Coach and Assistant Coach feel that the workouts are running smoothly, that is a good time to invite key men from other parishes to attend so that they might be encouraged to start a CTG Spiritual Fitness Workout team in their parish.