Crossing the Goal (CTG)
Spiritual Fitness Workouts (SFW)

**SFW Website Guide:** Easy step by step overview on how to get a SFW group started.

- **# 1,2,3, & 4 are on the Home Page, in order, just keep scrolling down.**

1. Read CTG Introduction -- Watch the corresponding video.

2. Read - What is a SFW? - Watch the corresponding video.

3. Read - Why the need for a SFW? By Pope St. JP II


5. Scroll to – TEAM SFW – click on – Coaching Points & Huddle Tips - and thoroughly review. They can be downloaded.

6. Format – click – it will provide you with each step of the Team workout – and this can be downloaded.

7. Content & Questions – click- it will provide you with all the content you need for 3 Seasons in video or audio streaming – along with a Guide for directions and Questions for each episode of a Series– they can be downloaded.

8. Note: Questions – scroll down to the bottom of the Content line up page to Questions – click – you will be able to download all the corresponding questions for each series in a season – just click on the series link.

9. Individual SFW – on Home page – click- then click on Coaching Points and review. Click on - Format to give you each step of workout. Click on – Content & Questions and it will provide you with all the information mentioned above in Team workout.

10. Super Bowl – Home page- Click on – self-explanatory content and directions- a more advanced program. To be used after completing all the Team curriculum for the Season’s.