

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
4. Click on – Learn More About Our Spiritual Fitness Workout Meetings --Review Benefits - what makes us Different.
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.