**Warrior Intensive Training Guidelines and Routine**

WIT’s will meet with their mentor to determine what program is the best fit. The drop-in or 24/7 full program. Drop-ins will develop an Individual Learning Plan (ILP) that will include program goals, a schedule developed by the WIT and mentor, monitoring, and feedback. The residential WIT will adhere to the following guidelines:

Residents desiring to enter to 24/7 Warrior training academy must adhere to program guidelines. WITs are to wake up at 4:00 a.m. and complete a mandatory 2-hour devotion time. All other activities in the sample routine provided below are mandatory with flexibility in time slots to fit each Warriors preference.

The WIT program is designed to prepare someone for ministry by tending to the self holistically through spiritual devotion time, physical fitness, proper nutrition, emotion well-being and mental expansion. We require each Warrior to create a routine in which every aspect of one’s being is developed. To add, each person will take a Sabbath on Saturday.

Each day the Warrior will be required to observe, practice or deliver in a skill of their choosing. For instance, if one is preaching, they can spend 2 hours preparing, 2 hours practice, 2 hours delivering. To add, each Warrior is required 2 hours in the laboratory or library for research and development/observation. Finally, in the evenings, Warriors can engage in personal or community time by attending an organized small group, community event, social outings or personal quiet time.

**Sample Program Routine**

Weekday

\*4:00 Wake up

\*4:45 -6:45 Devotion time (Spiritual)

7:15-8:15 Physical Fitness (Physical)

8:15 -9:00 Hygiene

9:00-9:30 Nutrition

10:00-12:00 Skill observation/ skill practice/ Skill delivery to CCSH

12:00-1:00 Lunch

1:00-3:00 Skill observation/ skill practice/ skill delivery to CCSH

3:00-5:00 Lab/ Library (Mental))

5:00-6:00 Dinner

6:00-10:00 Open; Soul care- Personal Time/ Community Time (Emotional)

\*10:00 -4:00 Sleep

All Activities with an asterisk are mandatory at the set time. All other activities are mandatory with adjustable times.

Saturday Sabbath

Sunday worship service

All WITs are required to check in once a week with mentor to develop and track Individual Learning Plan (ILP).