

DAILY PRACTICE SCHEDULE

EDD'S (EVERYDAY DRILLS)

TIME	STUDY PLAYBOOK (Bible)
TIME	CONDITIONING (Prayer/Meditation)
TIME	DAILY DIET/NUTRITION (What are you “feeding” yourself?)
TIME	CHALK-TALKS (Church & Bible Studies)
TIME	STRENGTH TRAINING (Memory verses)
TIME	TEMPTATION SPECIFIC TRAINING/TST (Practice situational temptations)
TIME	TEAM UP (Meet weekly with other men for accountability)