

Day	Num.	Min.	Episode Title	Week Homework	Daily Homework
8/18	4	35	Understanding the Battlefield	Join a conquer group, take the SAST, and clean your house.	call members, journal your battle, and record FASTER SCALE
8/25	2	32	The Mission	Journal Exercise	call members, journal your battle, record FASTER SCALE, and prepare for the battle each night
9/1	Labor Day				
9/8	Girls Night (Get Your Gal To It)				
9/15	3	33	The Battle of the Brain	Journal Exercise	call members, journal your battle, record FASTER SCALE, and prepare for the battle each night
9/22	4	39	Renewing the Mind	Full Disclosure and Journal Exercise	call members, journal your battle, record FASTER SCALE, and prepare for the battle each night
9/29	WARPATH - Disclosure Episode				
10/6	5	31	Strongholds of the Enemy #1	Discover Your Arousal - Relapse Connection, My 10 Worst Moments, The Double Blind Exercise	call members, journal your battle, record FASTER SCALE, prepare for the battle each night and journal exercise
10/13	6	37	Strongholds of the Enemy #2	Identify the Limbic Lies in Your Life, Fill out the Whacks and Lacks in Your Life, and Get Your Survival Kit Ready	call members, journal your battle, record FASTER SCALE, prepare for the battle each night and journal exercise
10/20	7	35	The Soldier and His Weapons	The Belt of Truth - Experiencing God's Word, The Breastplate of Righteousness - Speak the Truth, The Shoes of Peace - Standing Firm in Faith, and The Shield of Faith - A Life of Worship,	call members, journal your battle, record FASTER SCALE, prepare for the battle each night and journal exercise
10/27	8	37	Changing Your Legacy	The Helmet of Salvation - Your Prophetic Promises From God, The Sword of the Spirit - Listening to the Holy Spirit, and Developing a Healthy Lifestyle	call members, journal your battle, record FASTER SCALE, prepare for the battle each night and journal exercise
11/3	9	30	The Battle Pla	Write a Letter to Yourself From Your Future Self	call members, journal your battle, record FASTER SCALE, prepare for the battle each night and journal exercise
11/10	10	38	Finishing Strong	Create a Battle Plan - S.E.E.D.S.	call members, journal your battle, record FASTER SCALE, prepare for the battle each night and journal exercise