

# BASIC DISCIPLINE TRAINING

**Start: Friday, July 3rd.**  
**End: Sunday, August 2nd.**

Join this 30-day discipline program put on by the Christian men's podcast, The Impossible Life. Whether you are just starting your discipline training, wanting to hone an existing discipline routine, or seeking to reignite your discipline with a specific goal in mind – this training is for you.

Every day you will engage your Spirit, Soul, and Body using the day-by-day instructions of the program. Each day will take between 60 and 90 minutes depending upon your fitness level. You will be in the Word, learn basic discipline principles, and follow a daily exercise routine (no equipment needed).

The course and associated podcast are 100% free and is directed through the "Skool" app. Information on signing up will be provided when you register.

The goal of this program is to:

- **Form a community of men to engage and challenge each other**
- **Develop daily spiritual disciplines**
- **Learn to boldly follow Christ**
- **Prepare yourself to lead as steadfast Christian men in your family, church and community.**

To maintain accountability and provide encouragement we will meet the first Friday and each Saturday of the challenge:

- **Friday, July 3rd at 6:30 pm** – Fellowship Hall: Introduction on day 0 to discuss and answer any questions.

On Saturdays we will meet on the outdoor basketball court, ready to work, at 7 am sharp. During these sessions we will check in on our progress and complete the fitness routine for the day listed.

- **July 4th: Day 1**
- **July 11th: Day 8**
- **July 18th: Day 15**
- **July 25th: Day 22**
- **August 1: Day 29**

Please consider the following before signing up:

Enter with a "quitting is not an option" mentality. Be prepared to make this training non-negotiable for 30 days. Attendance on Saturdays is not strictly mandatory to participate. However, it is strongly encouraged to get the most out of the experience.

Men, ages 16 and older encouraged to join.

The exercises include simple calisthenics and running up to 5K (3.12 miles). Exercises can be modified to accommodate physical limitations, injuries, etc.

If you have questions, you can email Mike Harvey at [michael.r.harvey@outlook.com](mailto:michael.r.harvey@outlook.com)

Register using the event link found on the CCC mobile app, or on the website at [www.CCCyukon.org](http://www.CCCyukon.org). Once you have registered, you will receive an email with next steps and instructions.