

**WALK OF FAITH**  
**Program Schedule: Day 9 (Tuesday)**

- 5:00 AM – Suggested Wakeup Time (Private Devotion and Prep for Day)
- 6:45 AM – Weigh-In and Vital Signs (Report to Monitor Station)
- 7:00 AM – **Lemon Water (One Quart)**  
—————> Morning Worship
- 7:30 AM – **Breakfast Drink**  
—————> Brisk Walk
- 8:15 AM – Health Presentation
- 9:15 AM – **Breakfast**
- 10:15 AM – Lifestyle/Cooking Demonstration
- 11:00 AM – Stretching and Exercise (Gym)
- 12:45 PM – **Carrot Juice with Barley Green**  
—————> Check-In / Vital Signs
- 1:00 PM – Rest and Free Time (Scheduled Sauna, Massage and Other Treatments)
- 2:00 PM – **Liver Flush**  
—————> Brisk Walk
- 2:45 PM – **Carrot Juice with Fresh Greens**  
—————> Video Presentation
- 3:30 PM – **DINNER**
- 4:15 PM – Nature Walk (Weather Permitting)
- 5:30 PM – **Carrot Juice**  
—————> Evening Worship
- 6:00 PM – Video Or Scheduled Sauna, Massage and Other Treatments
- 7:30 PM – **Detox Tea**  
—————> Group Discussion
- 8:15 PM – Weigh-In and Vital Signs (Report to Monitor Station)
- 8:30 PM – Bedtime