

*Walk of Faith™*  
*Health Recovery Project*

**Cleanse Schedule: Day 4**

**6:00 AM – Suggested Wakeup Time**

**6:30 AM – Weigh-In and Vital Signs**  
**Saltwater and Lemon Flush**

**7:00 AM – Green Energy Drink 8 oz.**  
—————▶ **Morning Worship**

**7:30 AM – Water with GSE 8 oz.**  
—————▶ **Stretching Exercises**

**7:45 AM – Exercise Period (Walk/Fitness Center)**

**9:00 AM – Apple Breakfast Drink**  
—————▶ **Health Lecture / Presentation**

**10:30 AM – Carrot Juice 8 oz.**  
—————▶ **Sunshine and Breathing Exercises**

**11:15 AM – Barley Green with Fresh Greens 8 oz.**  
—————▶ **Lifestyle Presentation**

**12:00 PM – Carrot Juice 8 oz.**  
—————▶ **Check-In / Vital Signs**

**12:30 PM – Water with GSE – 8 oz.**  
—————▶ **Walk on Grounds**

**1:15 PM – VEGAN LUNCH**

**2:30 PM – Homework/Study/Rest**

**3:30 PM – Carrot Juice 8 oz.**  
—————▶ **Video Presentation**

**4:30 PM – Barley Green 8 oz.**  
—————▶ **Hands-on Food Prep Demonstration**

**5:00 PM – Carrot Juice 8 oz.**  
—————▶ **Check-In / Vital Signs**

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**Cleanse Schedule: Day 4 - Continued**

**5:30 PM – Evening Worship**

**6:00 PM – FRUIT PLATE**

**6:30 PM – Video Or Scheduled Sauna, Massage and Other Treatments**

**7:45 PM – Detox Tea**

—————▶ **Group Discussion**

**8:30 PM – Supplements**

—————▶ **Weigh-In and Vital Signs**

**8:45 PM – Bedtime**