

Sisters Saved by Strength Program Overview

Rooted in Christ Roadmap

12-WEEKS TO STRENGTH & RENEWAL

Break free from burnout and perfectionism with sisterhood, sustainable health and lasting transformation.

What is the Roadmap?

The Rooted in Christ Roadmap is a 12-week program designed for women who are ready to move beyond quick fixes and finally rebuild strength, peace, and confidence from the inside out.

Through a faith-based and trauma informed approach, we focus on healing at the root so transformation lasts.

This journey is about:

- Fueling your body with structure and freedom
- Building strength through simple, sustainable movement
- Calming the nervous system and releasing “all-or-nothing” cycles
- Anchoring in God’s Word and your true identity in Him
- Growing alongside a supportive community of Sisters

How the Program Works

WEEKLY RHYTHM

COACHING CALL

PRACTICAL TEACHING ON NUTRITION, MOVEMENT, STRESS, & MINDSET.

BIBLE STUDY

SCRIPTURE, REFLECTION, AND DISCUSSION TO ROOT THE WORK IN GOD’S WORD.

SLACK COMMUNITY SUPPORT

DAILY ACCOUNTABILITY AND ENCOURAGEMENT, GUIDED BY THE 2:1 RULE (FOR EVERY POST YOU MAKE, REPLY TO TWO SISTERS). CALL RECORDINGS POSTED IF YOU CAN’T ATTEND LIVE.

CONTENT LIBRARY

HABIT TRACKERS, PRESENTATIONS, NUTRITION, MINDSET AND MORE...

WHATS INCLUDED

- **BIBLE AND STUDY TOOLS MAILED TO YOUR DOOR — EVERYTHING YOU NEED TO FOLLOW THE STUDY AND ENGAGE FULLY**
- **TWO LIVE SESSIONS EACH WEEK — TUESDAY COACHING CALL AND FRIDAY BIBLE STUDY (RECORDINGS PROVIDED IF YOU CAN’T ATTEND LIVE)**
- **STRUCTURED CURRICULUM — CLEAR WEEKLY FOCUS WITH PRACTICAL ACTION STEPS FOR MEALS, MOVEMENT, SLEEP, AND REGULATION**
- **CONTENT LIBRARY ACCESS — WEEKLY HABIT TRACKERS, SLIDE DECKS, AND REPLAYS IN ONE PLACE FOR EASY REFERENCE**
- **PRIVATE SLACK COMMUNITY — GUIDED PROMPTS, PRAYER SUPPORT, AND PEER ACCOUNTABILITY USING THE 2:1 RULE**
- **ORIENTATION RESOURCES — A CONCISE INFO SHEET AND QUICK-START GUIDANCE SO YOU KNOW EXACTLY HOW TO BEGIN AND WHAT TO EXPECT**

WHY IT WORKS

Most programs rely on restriction and willpower. The Rooted in Christ Roadmap goes deeper—addressing stress physiology, nervous-system imbalance, and disconnection from identity. Restore the foundations, and strength, energy, and peace follow.

Weekly Schedule & Themes

WEEK #	MONDAY COACHING THEME	THURSDAY BIBLE STUDY THEME	SCRIPTURE
1	Ground Zero: Priorities, Presence & Anchors	Strength in God Alone	Isaiah 40:28 - 31
2	Boundaries That Protect Peace	Rooted in Identity	Ephesians 2:10
3	Awareness to Alignment	Rest over Hustle	Matthew 11:28 - 30
4	From Reaction to Intention	Overcoming Fear	2 Timothy 1:7
5	Control to Curiosity	Healing from Shame	Romans 8:1 - 2
6	Naming, Noticing & Navigating	Renewing Your Mind	Romans 12:2
7	Integration Over Perfection	Finding your Joy in Trials	James 1:2 - 4
8	Trusting Your Inner Voice	Surrendering Control	Proverbs 3:5 - 6
9	Boundaries That Support You	Sisterhood & Support	Ecclesiastes 4:9 - 12
10	When Progress Feels Invisible	Thanksgiving Reflection (no live study Nov 20)	—
11	Holding Your Evolution	Gratitude & Contentment	Phillippians 4:11 - 13
12	You’re Not Starting Over	Walking in Victory	Psalms 18:1 - 3

Prepare for a Strong Start

SET YOUR SPACE:

Create a calm, quiet spot where you can attend calls, reflect, and focus fully on yourself.

GATHER YOUR TOOLS:

Keep your bible, binder, notebook and study tools nearby so you’re ready to engage without distractions

BLOCK YOUR CALENDAR:

Add your group coaching call and bible study to your calendar now with reminders.

Referral Bonus

Invite a friend to join you! When they enroll, you’ll receive your choice of \$100 or one month of 1:1 nutrition and lifestyle coaching with Sarah or Katie.

This is your time to reset, renew and root yourself in Christ.

This program is about building strength in your body, peace in your mind, and a deeper connection with God. Every step counts, and you don’t have to do it alone.

With love and strength,

Sarah Fucinari & Katie Braker

SISTERS SAVED BY STRENGTH