

Example course structure

An example of a three-session course beginning at 7.00pm each night. This includes optional activities, but no extra sessions.

Session number	Activity	Start time	Duration
Session 1 Total duration: 2:00	Welcome and course overview	7.00pm	5
	Introduction DVD	7.05pm	8
	Money quiz	7.15pm	10
	Your finances now	7.25pm	5
	Are you a spender or a saver?	7.30pm	10
	Set your goals	7.40pm	5
	Break	7.45pm	15
	Building a budget DVD	8.00pm	11
	Discussion questions	8.15pm	5
	The first steps of your budget	8.20pm	25
	Collect email addresses and explain features of CAP Money Online	8.45pm	5
	Set the homework	8.50pm	5
	Questions and prayer	8.55pm	5
Session 2 Total duration: 2:30	How was building your budget?	7.00pm	5
	Balancing act DVD	7.05pm	6
	Discussion questions	7.15pm	5
	Top priorities	7.20pm	10
	Problem solving: 'Increase income' and 'Cut costs, cut back, cut out'	7.30pm	10
	Break and Money Coach input	7.40pm	20
	Being content	8.00pm	5
	The CAP Money System DVD	8.05pm	8
	Discussion questions	8.15pm	5
	Getting set up	8.20pm	15
	Which account?	8.35pm	5
	Cash DVD (pause at 4 mins to share how you use cash)	8.40pm	15
	Discussion questions	8.55pm	5
	Cash vs. card	9.00pm	15
	How much cash?	9.15pm	5
	Explain homework: Set up accounts and try living by cash	9.20pm	5
Questions and prayer	9.25pm	5	

Session number	Activity	Start time	Duration
Session 3 Total duration: 1:45	How was living on cash for the week?	7.00pm	5
	How was setting up the system?	7.05pm	5
	Savings DVD	7.10pm	5
	Savings goals and planning your savings	7.15pm	10
	Savings trackers explained	7.25pm	5
	Maintenance DVD	7.30pm	4
	Discussion questions	7.35pm	5
	Income and expenses over the month	7.40pm	5
	Break	7.45pm	20
	Debt reduction DVD	8.05pm	9
	CAP Money Online explained	8.15pm	5
	Conclusion DVD	8.20pm	3
	Summary	8.25pm	5
	Review your goals	8.30pm	5
	Invite to church	8.35pm	5
The wider work of CAP	8.40pm	5	