

1st Trans	WEEK ONE
Read and Discuss	PMG Chap 1: Fulfil Your Missionary Purpose
Role play	<input type="checkbox"/> Introduce the Book of Mormon effectively
<input type="checkbox"/> Serve Someone in the Community	
<input type="checkbox"/> Study and write summary for 3 Nephi 11	
<input type="checkbox"/> Teach at least one principle each day	
<input type="checkbox"/> Complete 2 Edify Lessons daily	
<input type="checkbox"/> Learn how to add principles and people to the PMG app	
<input type="checkbox"/> Speak to 3 people a day	
<input type="checkbox"/> Pray for 10 minutes at least 3 times	
<input type="checkbox"/> Read and Discuss Chapter 1 in Missionary Standards for disciples of Jesus Christ	
<input type="checkbox"/> Lead out teaching a lesson	
<input type="checkbox"/> Review Finders of Elect documents in Akwaaba Book	
<input type="checkbox"/> Learn how to plan the day in PMG app	
Doctrinal Foundation and One Min Drills	<input type="checkbox"/> Our Life on Earth <input type="checkbox"/> The Gospel of Jesus Christ blesses God's children <input type="checkbox"/> Creation <input type="checkbox"/> The Book of Mormon: Another Testament of Jesus Christ
	WEEK FOUR
Read and Discuss	PMG chap 4: Seek and Rely on the Spirit
Toolbox	<input type="checkbox"/> Revelatory Planning
<input type="checkbox"/> Serve someone in the Community	
<input type="checkbox"/> Watch Carbon Monoxide Safety (Safety Zone)	
<input type="checkbox"/> Speak to 10 people a day	
<input type="checkbox"/> Pray for 10 Min at least 10 times	
<input type="checkbox"/> Read and Discuss chapter 4 of Missionary Standards for Disciples of Jesus Christ	
<input type="checkbox"/> Study Alma 12 and write a summary	
<input type="checkbox"/> Lead out the whole day	
<input type="checkbox"/> Pound Fufu	
<input type="checkbox"/> Learn how to use bookmarks using The Gospel Library app	
Doctrinal Foundation and One Min Drills	<input type="checkbox"/> Jesus Christ's earthly ministry and atonement <input type="checkbox"/> The Fall of Adam and Eve <input type="checkbox"/> Repentance through the Atonement of Christ <input type="checkbox"/> The Invitation to be baptized and confirmed

	WEEK TWO
Read and Discuss	PMG Chap 2: Search the Scriptures and Put on Armor of God
Toolbox	<input type="checkbox"/> Companionship council
<input type="checkbox"/> Serve someone in the Community	
<input type="checkbox"/> Lead a daily planning session	
<input type="checkbox"/> Lead out teaching a recent convert	
<input type="checkbox"/> Complete 2 Edify Lessons daily	
<input type="checkbox"/> Watch Intro: Obedience, Awareness, Respect (Safety Zone)	
<input type="checkbox"/> Speak to 5 people a day	
<input type="checkbox"/> Pray for 10 Min at least 5 times	
<input type="checkbox"/> Read and Discuss chapter 2 of Missionary Standards for Disciples of Jesus Christ	
<input type="checkbox"/> Memorise First Vision account (Joseph Smith History 1:16-17)	
<input type="checkbox"/> Read "Lock Your Heart" in Akwaaba Book	
<input type="checkbox"/> Greet Someone in their Local language	
Doctrinal Foundation and One Min Drills	<input type="checkbox"/> God is our loving Heavenly Father <input type="checkbox"/> Premortal Life: God's purpose and plan for us <input type="checkbox"/> The divine mission of Jesus Christ
	WEEK FIVE
Read and Discuss	PMG chap 5: The Power of the Book of Mormon
Role play	<input type="checkbox"/> Profiling
<input type="checkbox"/> Serve someone in the Community	
<input type="checkbox"/> Watch Electrical Safety (Safety Zone)	
<input type="checkbox"/> Speak to 5 people and contact 2 people each day	
<input type="checkbox"/> Pray for 10 Min at least 12 times	
<input type="checkbox"/> Read and Discuss chapters 5 of Missionary Standards for Disciples of Jesus Christ	
<input type="checkbox"/> Study Mosiah 2 and write a summary	
<input type="checkbox"/> Profile 2 people by effectively linking questions to prior answers	
<input type="checkbox"/> Learn how to make notes using The Gospel Library app	
<input type="checkbox"/> Learn how to manage data Usage	
Doctrinal Foundation and One Min Drills	<input type="checkbox"/> The Falling Away <input type="checkbox"/> The Spirit World <input type="checkbox"/> The resurrection, salvation, and exaltation <input type="checkbox"/> Endure to the End

	WEEK THREE
Read and Discuss	PMG chap 7: Learn Your Mission Language
Role play	<input type="checkbox"/> Extending inspired invitation
<input type="checkbox"/> Serve someone in the Community	
<input type="checkbox"/> Study 2 Nephi 31 and write a summary	
<input type="checkbox"/> Learn to add Key indicators and weekly planning	
<input type="checkbox"/> Complete 2 Edify Lessons daily	
<input type="checkbox"/> Watch Serving in Safety (Safety Zone)	
<input type="checkbox"/> Speak to 7 people a day	
<input type="checkbox"/> Pray for 10 Min at least 7 times	
<input type="checkbox"/> Read and Discuss chapter 3 of Missionary Standards for Disciples of Jesus Christ	
<input type="checkbox"/> Extend an inspired invitation and then follow-up	
<input type="checkbox"/> Read "Becoming a Consecrated Missionary" in Akwaaba Book	
<input type="checkbox"/> Learn how to use tags on Gospel Library	
Doctrinal Foundation and One Min Drills	<input type="checkbox"/> God reveals the Gospel through prophets of every dispensation <input type="checkbox"/> Faith in Jesus Christ <input type="checkbox"/> The Atonement of Jesus Christ
	WEEK SIX
Read and Discuss	PMG chap 13: Unite with Leaders and Members to Establish the Church
Toolbox	<input type="checkbox"/> 9 points of finding
<input type="checkbox"/> Serve someone in the Community	
<input type="checkbox"/> Watch Automobile Safety (Safety Zone)	
<input type="checkbox"/> Pray for 10 Min at least 12 times	
<input type="checkbox"/> Speak to 7 people and contact 3, profile 1 daily	
<input type="checkbox"/> Teach a member and ask for a referral	
<input type="checkbox"/> Extend a firm Baptismal date	
<input type="checkbox"/> Study 2 Nephi 2 and write a summary	
<input type="checkbox"/> Learn how to use a notebook using Gospel Library App	
<input type="checkbox"/> Cook local food	
Doctrinal Foundation and One Min Drills	<input type="checkbox"/> The Restoration of the Gospel through J. Smith <input type="checkbox"/> Judgment and Kingdoms of Glory <input type="checkbox"/> Baptism: our first covenant with God

2 nd Trans	WEEK SEVEN
Read and Discuss	PMG chap 6: Seek Christlike Attributes
Toolbox	<input type="checkbox"/> Study the nature of God and Man
<input type="checkbox"/> Serve someone in the Community	
<input type="checkbox"/> Watch Bicycle Safety (Safety Zone)	
<input type="checkbox"/> Speak to 10 people and contact 5 of them and profile 2 daily	
<input type="checkbox"/> Pray for 10 Min at least 12 times	
<input type="checkbox"/> Study 2 Nephi 9 and write a summary	
<input type="checkbox"/> Read from the Book of Mormon with an investigator	
<input type="checkbox"/> Learn to link scriptures using the Gospel Library App	
<input type="checkbox"/> Read and Discuss Appendix 7.0 – 7.3 of Missionary Standards for Disciples of Jesus Christ	
<input type="checkbox"/> Meet Local Leaders / discuss callings for new converts	
Doctrinal Foundation and One Min Drills	<input type="checkbox"/> Pray to know the truth through the Holy Ghost <input type="checkbox"/> The Gift of the Holy Ghost <input type="checkbox"/> Pray Often <input type="checkbox"/> Service
WEEK TEN	
Read and Discuss	PMG chap 10: Teach to Build Faith in Jesus Christ
Role play	<input type="checkbox"/> Testing for Spiritual Sensitivity
<input type="checkbox"/> Serve someone in the Community	
<input type="checkbox"/> Watch Courtesy (Safety Zone)	
<input type="checkbox"/> Speak to 15 people, contact 8 and profile 5 daily	
<input type="checkbox"/> Pray for 10 Min at least 12 times	
<input type="checkbox"/> Study Moroni 7 and write a summary for it	
<input type="checkbox"/> Read and Discuss Appendix 7.9 of Missionary Standards for Disciples of Jesus Christ	
<input type="checkbox"/> Find 1 Serious person each day this week	
<input type="checkbox"/> Fast for somebody you are teaching	
<input type="checkbox"/> Write a “love note” to your companion	
Doctrinal Foundation and One Min Drills	<input type="checkbox"/> Keep the Sabbath Day Holy <input type="checkbox"/> Obey and Honor the Law <input type="checkbox"/> Sharing the Gospel

	WEEK EIGHT
Read and Discuss	PMG chap 8: Accomplish the Work through Goals and Plans
Role play	<input type="checkbox"/> Teach the nature of God and Man
<input type="checkbox"/> Serve someone in the Community	
<input type="checkbox"/> Watch Pedestrian Safety (Safety Zone)	
<input type="checkbox"/> Speak to 10 people, contact 5, and profile 3 daily	
<input type="checkbox"/> Pray for 10 Min at least 12 times	
<input type="checkbox"/> Study Alma 34 and write a summary	
<input type="checkbox"/> Lead out an exchange	
<input type="checkbox"/> Contact someone using the nature of God and Man with a return appointment	
<input type="checkbox"/> Read and Discuss Appendix 7.4 – 7.5 of Missionary Standards for Disciples of Jesus Christ	
<input type="checkbox"/> Find 3 New people this week	
Doctrinal Foundation and One Min Drills	<input type="checkbox"/> Study the scriptures <input type="checkbox"/> The Two Great Commandments <input type="checkbox"/> Follow the Prophet <input type="checkbox"/> Keep the Ten Commandments
WEEK ELEVEN	
Read and Discuss	PMG chap 11: Help People Make and Keep Commitments
Role play	<input type="checkbox"/> Kumasi Flow
<input type="checkbox"/> Serve someone in the Community	
<input type="checkbox"/> Watch Preparation Day Safety (Safety Zone)	
<input type="checkbox"/> Speak to 15 people, contact 10 and profile 5 daily	
<input type="checkbox"/> Pray for 10 Min at least 12 times	
<input type="checkbox"/> Study 3 Nephi 27 and write a summary	
<input type="checkbox"/> Read and Discuss Appendix 7.10 of Missionary Standards for Disciples of Jesus Christ	
<input type="checkbox"/> Be able to answer all the PMG questions of the soul with the Book of Mormon	
<input type="checkbox"/> Find 1 Serious person each day this week	
<input type="checkbox"/> Try to make 3 people laugh this week	
Doctrinal Foundation and One Min Drills	<input type="checkbox"/> Fasting and Fast Offerings <input type="checkbox"/> Priesthood and Church organizations <input type="checkbox"/> Marriage and Families

	WEEK NINE
Read and Discuss	PMG chap 9: Find People to Teach
Role play	<input type="checkbox"/> Answering questions of the soul with the Book of Mormon
<input type="checkbox"/> Serve someone in the Community	
<input type="checkbox"/> Watch Diet, Hygiene, Exercise (Safety Zone)	
<input type="checkbox"/> Speak to 10 people, contact 7, and profile 4 daily	
<input type="checkbox"/> Pray for 10 Min at least 12 times	
<input type="checkbox"/> Study Alma 42 and write a summary	
<input type="checkbox"/> Find 5 New people this week	
<input type="checkbox"/> Know how to Use the Filter feature on PMG App	
<input type="checkbox"/> Read and Discuss Appendix 7.6 – 7.8 of Missionary Standards for Disciples of Jesus Christ	
<input type="checkbox"/> Fast from social media for 7 days	
Doctrinal Foundation and One Min Drills	<input type="checkbox"/> Live the Law of Chastity <input type="checkbox"/> Keep the law of Tithing <input type="checkbox"/> Obey the Word of Wisdom
WEEK TWELVE	
Read and Discuss	PMG chap 12: Help People Prepare for Baptism and Confirmation
Role play	<input type="checkbox"/> Teaching Covenants and the doctrine of Baptism
<input type="checkbox"/> Serve someone in the Community	
<input type="checkbox"/> Discuss and implement Elder Bednar's 6 teaching keys	
<input type="checkbox"/> Speak to 15 people, contact 10 and profile 5 daily	
<input type="checkbox"/> Pray for 10 Min at least 12 times	
<input type="checkbox"/> Study Alma 17-27 and identify skills of great missionaries	
<input type="checkbox"/> Read and Discuss Appendix 7.11 of Missionary Standards for Disciples of Jesus Christ	
<input type="checkbox"/> Teach 5 members and ask for referrals	
<input type="checkbox"/> Find 1 Serious person each day this week	
<input type="checkbox"/> Try to make 5 people laugh this week	
Doctrinal Foundation and One Min Drills	<input type="checkbox"/> Temple and Family History Work for deceased ancestors <input type="checkbox"/> Temples, the Endowment, Eternal Marriage, and Eternal Families

15 Expected Skills/Knowledge/Foundation at the End of the 12-week training period

Know the Missionary Standards for Disciples of Jesus Christ.

Know the 40 principles in Preach My Gospel.

Know how to use technology safely and wisely.

Learn how to be safe as a missionary.

Learn how to effectively utilize the Preach My Gospel App to fulfil your missionary purpose.

Know how to use the 12 tools in the Ghana Kumasi Toolbox.

Read and Study all 13 Chapters of Preach My Gospel.

Internalize the Doctrine of Christ found in 2 Nephi 31, 3 Nephi 11, 3 Nephi 27.

Know how to effectively study the scriptures.

Know how to effectively use gospel library.

Begin to understand how to have more meaningful personal prayers

Know how to Teach when you Find and Find when you Teach.

Learn how to enjoy missionary work.

Learn how to work effectively with members and leaders.

Learn how to keep the schedule in order to accomplish your missionary purpose