

# Course Schedule

NAME \_\_\_\_\_

[Client name] \_\_\_\_\_

| Where am I in the journey? |                                       | Module                         | Week | Date      | Weekly Appointment | Appointment Topic          | Assignments                        |
|----------------------------|---------------------------------------|--------------------------------|------|-----------|--------------------|----------------------------|------------------------------------|
| 0                          | <b>Intro</b>                          | - Welcome Week Videos          | 0    | 1/1/2025  | -                  | Onboarding Call            |                                    |
| 1                          | <b>Overcoming Injury &amp; Aging</b>  | - Foundations of Pain & Injury | 1    | 1/8/2025  |                    | Obstacles                  |                                    |
|                            |                                       | - How to Handle Aches & Pains  | 2    | 1/15/2025 |                    | What's Helped              | Tell Us What's Helped              |
| 2                          | <b>Bulletproof Your Body</b>          | - Recovering So You Can Build  | 3    | 1/22/2025 |                    | Recovery                   |                                    |
|                            |                                       | - Making Progress              | 4    | 1/29/2025 |                    | Exercise Programming       | What Can You Do?                   |
| 3                          | <b>Designing Your Ideal Lifestyle</b> | - Life Design                  | 5    | 2/5/2025  |                    | Life Design                | Begin 'Life Design' exercise       |
|                            |                                       |                                | 6    | 2/12/2025 |                    | Refine Life Design         |                                    |
|                            |                                       | - Find Your Why                | 7    | 2/13/2025 |                    | Find Your Why              | Begin 'Find Your Why' exercise     |
|                            |                                       |                                | 8    | 2/20/2025 |                    | Discuss Your Why           |                                    |
| 4                          | <b>Building Healthy Habits</b>        | - Activity Pattern             | 9    | 2/27/2025 |                    | Activity Pattern           | Begin tracking pattern             |
|                            |                                       |                                | 10   | 3/6/2025  |                    | Review & fine-tune         |                                    |
|                            |                                       | - Eating Pattern               | 11   | 3/13/2025 |                    | Eating Pattern             | Begin tracking pattern             |
|                            |                                       |                                | 12   | 3/20/2025 |                    | Review & fine-tune         |                                    |
|                            |                                       | - Sleep Pattern                | 13   | 3/27/2025 |                    | Sleep Pattern              | Begin tracking pattern             |
|                            |                                       |                                | 14   | 4/3/2025  |                    | Review & fine-tune         |                                    |
|                            |                                       | - Stress Pattern               | 15   | 4/10/2025 |                    | Stress Pattern             | Begin tracking pattern             |
|                            |                                       |                                | 16   | 4/17/2025 |                    | Review & fine-tune         |                                    |
| 5                          | <b>Troubleshooting Your Lifestyle</b> | - Personal Operating System    | 19   | 5/8/2025  |                    | Personal Operating System  | Define your P-OS                   |
|                            |                                       |                                | 20   | 5/15/2025 |                    | Review & fine-tune         |                                    |
|                            |                                       | - Daily Performance            | 21   | 5/22/2025 |                    | Daily Performance          | Begin 'Daily Performance' exercise |
|                            |                                       |                                | 22   | 5/29/2025 |                    | Review & fine-tune         |                                    |
|                            |                                       | - Time Blocking                | 23   | 6/5/2025  |                    | Time Blocking              | Begin 'Time Blocking' exercise     |
|                            |                                       |                                | 24   | 6/12/2025 |                    | Review                     |                                    |
|                            |                                       |                                | 25   | 6/19/2025 |                    | 30-yr plan                 |                                    |
|                            |                                       |                                | 26   | 6/26/2025 |                    | Program Feedback Interview |                                    |
| 6                          | <b>Your "30-year" Plan</b>            | - Putting it all together      |      |           |                    |                            |                                    |