



# 14-Week Mental Fitness Grow Program Schedule

Week	Program Focus	POD Meeting	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1/3/21	Prep Week 0: Why Are We Here?	Mon 1/4 @ 5pm CST	Complete Initial Prep & Planning Worksheet		Take assess- ments	Down- load app		Watch Week 1 Video (60 min)	
1/10/21	Foundations Week 1: Boost Self Command	Mon 1/11 @ 5m CST	Weekly reflec- tion (5 min)	Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Watch Week 2 Video (60 min)	
1/17/21	Foundations Week 2: Intercept the Judge	Mon 1/18 @ 5pm CST	Weekly reflec- tion (5 min)	Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Watch Week 3 Video (60 min)	
1/24/21	Foundations Week 3: Accomplice Saboteurs	Mon 1/25 @ 5pm CST	Weekly reflec- tion (5 min)	Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Watch Week 4 Video (60 min)	
1/31/21	Foundations Week 4: Shift to Sage	Mon 2/1 @ 5pm CST	Weekly reflec- tion (5 min)	Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Watch Week 5 Video (60 min)	
2/7/21	Foundations Week 5: Boost Sage Powers	Mon 2/8 @ 5pm CST	Weekly reflec- tion (5 min)	Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Watch Week 6 Video (60 min)	
2/14/21	Foundations Week 6: Taking Action	Mon 2/15 @ 5pm CST	Weekly reflec- tion (5 min)	Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Watch Wrap-Up Video (60 min)	
2/21/21	Foundations Week 7: Continue Your Practice	Mon 2/22 @ 5pm CST	Choose Maintain or Grow	Personalized Grow content begins: Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Self-Direct & Catch Up in App (12 min/day)	
2/28/21	Week 8: Grow POD 1 – Choose A Direction	Wed 3/3 @ 5pm CST		Grow Content: Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Self-Direct & Catch Up in App (12 min/day)	
3/7/21	Week 9: Grow Mini-Mastermind 1	Chosen by each group		Grow Content: Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Self-Direct & Catch Up in App (12 min/day)	
3/14/21	Week 10: Grow POD 2 – Who Are You Being?	Wed 3/17 @ 5pm CST		Grow Content: Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Self-Direct & Catch Up in App (12 min/day)	
3/21/21	Week 11: Grow Mini-Mastermind 2	Chosen by each group		Grow Content: Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Self-Direct & Catch Up in App (12 min/day)	
3/28/21	Week 12: Grow POD 3 – What Are You Doing?	Wed 3/31 @ 5pm CST		Grow Content: Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Self-Direct & Catch Up in App (12 min/day)	
4/4/21	Week 13: Grow Mini-Mastermind 3	Chosen by each group		Grow Content: Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Self-Direct & Catch Up in App (12 min/day)	
4/11/21	Week 14: Grow Final POD – Your PQ Journey	Wed 4/14 @ 5pm CST		Choose your Ongoing PQ Journey...					