

7-Week Mental Fitness Foundations Program Schedule

WEEK OF		POD MEETING	MON	TUE	WED	THU	FRI	SAT	SUN
1/3/21	Prep Week				Take assessments	Download app		Watch Week 1 Video (60 minutes)	
1/10/21	Week 1: Boost Self-Command	1/11 @ 5pm CST		Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Week 2 Video (60 minutes)	
1/17/21	Week 2: Intercept the Judge	1/18 @ 5pm CST	Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Week 3 Video (60 minutes)	
1/24/21	Week 3: Accomplice Saboteurs	1/25 @ 5pm CST	Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Week 4 Video (60 minutes)	
1/31/21	Week 4: Shift to Sage	2/1 @ 5pm CST	Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Week 5 Video (60 minutes)	
2/7/21	Week 5: Boost Sage Powers	2/8 @ 5pm CST	Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Week 6 Video (60 minutes)	
2/14/21	Week 6: Taking Action	2/15 @ 5pm CST	Weekly Reflection (5 minutes)	Focus of the Day, Coach Challenges, Reflection (2 minutes every 3 hours)				Watch Wrap-Up Video (60 minutes)	
2/21/21*	Week 7: Continuing Your Practice	2/22* @ 5pm CST	Maintain or Grow		New Grow Content Begins*				

*For those who choose to continue the journey beyond 6 weeks