



# 5-Month Mental Fitness Group Coaching Program

Week	Program Focus	POD Meeting	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1/2	Prep Week 0: Why Are We Here?	Mon @ TBD CST	Complete Initial Prep & Planning Worksheet		Take assessments	Download app		Watch Week 1 Video (60 min)	
1/9	Foundations Week 1: Boost Self Command	Mon @ TBD CST	Weekly reflection (5 min)	Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Watch Week 2 Video (60 min)	
1/16	Foundations Week 2: Intercept the Judge	Mon @ TBD CST	Weekly reflection (5 min)	Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Watch Week 3 Video (60 min)	
1/23	Foundations Week 3: Accomplice Saboteurs	Mon @ TBD CST	Weekly reflection (5 min)	Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Watch Week 4 Video (60 min)	
1/30	Foundations Week 4: Shift to Sage	Mon @ TBD CST	Weekly reflection (5 min)	Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Watch Week 5 Video (60 min)	
2/6	Foundations Week 5: Boost Sage Powers	Mon @ TBD CST	Weekly reflection (5 min)	Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Watch Week 6 Video (60 min)	
2/13	Foundations Week 6: Taking Action	Mon @ TBD CST	Weekly reflection (5 min)	Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Watch Wrap-Up Video (60 min)	
2/20	Foundations Week 7: Continue Your Practice	Mon @ TBD 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)	
2/27	Week 8: Grow POD 1 – Choose A Direction	Wed @ TBD CST		Grow Content: Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Self-Direct & Catch Up in App (12 min/day)	
3/6	Week 10: Grow POD 2 – Who Are You Being?	Wed @ TBD CST		Grow Content: Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Self-Direct & Catch Up in App (12 min/day)	
3/20	Week 12: Grow POD 3 – Discuss Monthly Video	Wed @ TBD CST		Grow Content: Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Self-Direct & Catch Up in App (12 min/day)	
4/3	Week 14: Grow POD 4 – What Are You Doing?	Wed @ TBD CST		Grow Content: Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Self-Direct & Catch Up in App (12 min/day)	
4/17	Week 16: Grow POD 5 – Discuss Monthly Video	Wed @ TBD CST		Grow Content: Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Self-Direct & Catch Up in App (12 min/day)	
5/1	Week 18: Grow POD 6 – Progress Check-In	Wed @ TBD CST		Grow Content: Focus of the Day, Coach Challenges, Reflections (2 min every 3 hours)				Self-Direct & Catch Up in App (12 min/day)	
5/15	Week 20: Grow Final POD – Your PQ Journey	Wed @ TBD CST	Choose your Ongoing PQ Journey...						