

Week 1	Biggest Takeaway	Time Allotted
Lesson 1		
Lesson 2		
Lesson 3		
Lesson 4		
Lesson 5		

Week 2	Biggest Takeaway	Time Allotted
Lesson 1		
Lesson 2		
Lesson 3		
Lesson 4		
Lesson 5		
Lesson 6		

Week 3	Biggest Takeaway	Time Allotted
Lesson 1		
Lesson 2		

Week 4	Biggest Takeaway	Time Allotted
Lesson 1		
Lesson 2		
Lesson 3		

Bonus Training	Biggest Takeaway	Time Allotted
Interview With The Pros		
Monthly Coaching Call		
Nutrition Secrets Web Class		

Additional Notes: