

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Week 1 Prep Week</b>	Orientation Activities <b>1:1 Coaching Session, Take Assessments, Schedule Pod meetings, Download App</b>					Watch Week 1 Video (60 min)	
<b>Week 2 Boost Self-Command</b>	Pod Session #1 (30 min)	Daily App-Guided Exercises <b>Focus of the Day, Coach Challenges, Reflection</b>				Watch Week 2 Video (60 min)	
<b>Week 3 Intercept the Judge</b>	Pod Session #2 (30 min)	Daily App-Guided Exercises <b>Focus of the Day, Coach Challenges, Reflection</b>				Watch Week 3 Video (60 min)	
<b>Week 4 Accomplice Saboteurs</b>	Pod Session #3 (30 min)	Daily App-Guided Exercises <b>Focus of the Day, Coach Challenges, Reflection</b>				Watch Week 4 Video (60 min)	
<b>Week 5 Shift To Sage</b>	Pod Session #4 (30 min)	Daily App-Guided Exercises <b>Focus of the Day, Coach Challenges, Reflection</b>				Watch Week 5 Video (60 min)	
<b>Week 6 Boost Your Sage Powers</b>	Pod Session #5 (30 min)	Daily App-Guided Exercises <b>Focus of the Day, Coach Challenges, Reflection</b>				Watch Week 6 Video (60 min)	
<b>Week 7 Taking Action</b>	Pod Session #6 (30 min)	Daily App-Guided Exercises <b>Focus of the Day, Coach Challenges, Reflection</b>				Watch Wrap-Up Video (60 min)	
<b>Week 8 Support Ongoing Practice</b>	Wrap Up 1:1 Coaching Session (30 min)	<b>ADDITIONAL two weeks</b> of daily app-guided exercises and coach support so you can independently GROW your mental fitness!					