WEEK OF	POD	MON	TUE	WED	THU	FRI	SAT SUN
Week 0 Prep week	**Time & date TBC**		**Take Assessments**	**Download App**	**Use the PQ Gym**		**Watch week 1 video & Chapters 1 & 2** (1 hour + read/listen)
Week 1 Boost Self Command	**10 am Tuesday** (1 hour) *for example*		**Daily App Guided Exercises** Focus of the Day, Coach Challenges, Reflection (2 mins every 3 hours)				**Watch week 2 video & Chapter 3** (1 hour + read/listen)
Week 2 Intercept the Judge	**10 am Tuesday** (1 hour)	**Weekly Reflection** (5 mins)	**Daily App Guided Exercises** Focus of the Day, Coach Challenges, Reflection (2 mins every 3 hours)				**Watch week 3 video & Chapter 4** (1 hour + read/listen)
Week 3 Accomplice Saboteurs	**10 am Tuesday** (1 hour)	**Weekly Reflection** (5 mins)	**Daily App Guided Exercises** Focus of the Day, Coach Challenges, Reflection (2 mins every 3 hours)				**Watch week 4 video & Chapter 5** (1 hour + read/listen)
Week 4 Shift to Sage	**10 am Tuesday** (1 hour)	**Weekly Reflection** (5 mins)	**Daily App Guided Exercises** Focus of the Day, Coach Challenges, Reflection (2 mins every 3 hours)				**Watch week 5 video & Chapter 6** (1 hour + read/listen)
Week 5 Boost your Sage Powers	**10 am Tuesday** (1 hour)	**Weekly Reflection** (5 mins)	**Daily App Guided Exercises** Focus of the Day, Coach Challenges, Reflection (2 mins every 3 hours)				**Watch week 6 video & Chapter 7** (1 hour + read/listen)
Week 6 Taking Action	**10 am Tuesday** (1 hour)	**Weekly Reflection** (5 mins)	**Daily App Guided Exercises** Focus of the Day, Coach Challenges, Reflection (2 mins every 3 hours)				**Watch week 7 video & Chapter 8** (1 hour + read/listen)
Week 7 PQ Practice	**10 am Tuesday** (1 hour)	**Weekly Reflection** (5 mins)	**Daily App Guided Exercises** Focus of the Day, Coach Challenges, Reflection (2 mins every 3 hours)				**GROW ends** (Access to App continues for 12 months)
Week 8 Completion & Next Steps	**10 am Tuesday** (1 hour)	**Your opportunity to decide what is next for you: 1:1 Coaching, Group Coaching & continue GROW**					