

THE ENTIRE CURRICULUM OUTLINED.

# Want to see the entire curriculum at a glance? here it is:

WEEK	HABIT	LESSON	PROGRESS	SURVEYS	WORKSHOP
0	—	<ul style="list-style-type: none"> <li>Tell us about yourself (Client intake)</li> <li>How to use the coaching platform</li> <li>How we coach and why</li> <li>How to measure progress</li> </ul>	—	—	Workshop #1
1	Take a 5 minute action	<ul style="list-style-type: none"> <li>Prepare for liftoff</li> <li>Your "Owner's Manual"</li> <li>Ready, willing, and able</li> <li>The 5 Whys</li> <li>Your destination postcard</li> <li>Share your progress</li> <li>Your week in review</li> </ul>	Share your progress (Weight, Girth, Photos, first measurement)	—	—
2	Take a 5 minute action	<ul style="list-style-type: none"> <li>Now, for something different</li> <li>Find your level</li> <li>PN Coaching's most wanted</li> <li>Running from the bear</li> <li>The 5 chapters of PN Coaching</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	Quick question: What's your outlook?	—
3	Eat slowly	<ul style="list-style-type: none"> <li>Eat Slowly</li> <li>Slow down for satisfaction</li> <li>How to gain weight fast</li> <li>In praise of slowness</li> <li>Consciousness raisin</li> <li>Share your progress</li> <li>Your week in review</li> </ul>	Share your progress (Weight, Girth)	—	—

WEEK	HABIT	LESSON	PROGRESS	SURVEYS	WORKSHOP
4	Eat Slowly	<ul style="list-style-type: none"> <li>Outcomes vs behaviors</li> <li>Notice and name</li> <li>PNers do it slowly</li> <li>Are we there yet?</li> <li>Fireside chat with Dr. Berardi</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	—	Workshop #2
5	Eat to 80% full	<ul style="list-style-type: none"> <li>How to eat to 80% full</li> <li>Play the hunger game</li> <li>How hungry are you... really?</li> <li>Notice and name... again</li> <li>Break the food chain</li> <li>Share your progress</li> <li>Your week in review</li> </ul>	Share your progress (Weight, Girth, Photos)	Quick question: How are YOU doing?	—
6	Eat to 80% full	<ul style="list-style-type: none"> <li>You may experience slight discomfort</li> <li>Difficult-difficult, difficult-easy</li> <li>Nothing to fear but fear itself</li> <li>Hunger is not an emergency</li> <li>Waiting for marshmallows</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	—	—
7	Eat lean protein with every meal	<ul style="list-style-type: none"> <li>How to get your daily protein</li> <li>Making protein work for you</li> <li>Can you get protein from plants?</li> <li>Truth or dairy</li> <li>Protein powder and tasty super shakes</li> <li>Share your progress</li> <li>Your week in review</li> </ul>	Share your progress (Weight, Girth)	Quick question: How are WE doing?	—

WEEK	HABIT	LESSON	PROGRESS	SURVEYS	WORKSHOP
8	Eat lean protein with every meal	<ul style="list-style-type: none"> <li>What's around you?</li> <li>Put on your seatbelt</li> <li>Your PN Coaching pit crew</li> <li>Kitchen makeover</li> <li>Shopping day</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	—	Workshop #3
9	Eat at least five servings of colorful vegetables / fruit	<ul style="list-style-type: none"> <li>How to Get Your Colors</li> <li>Just Add Vegetables</li> <li>How To Prep and Cook Your Veggies</li> <li>The No-Waste Challenge</li> <li>Greens Supplements and Powdered Veggies</li> <li>Share your progress</li> <li>Your week in review</li> </ul>	Share your progress (Weight, Girth, Photos)	—	—
10	Eat at least five servings of colorful vegetables / fruit	<ul style="list-style-type: none"> <li>Tomato Travels</li> <li>What's for Breakfast?</li> <li>Who's Your Farmer?</li> <li>PN Coaching Movie Night</li> <li>Are You Over-Processing Your Fitness?</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	—	—
11	Make smart carb choices	<ul style="list-style-type: none"> <li>Fuel up with smart carbs</li> <li>The carb continuum</li> <li>A fab five of smart carbs</li> <li>Carb cooking skills</li> <li>Dial-a-carb</li> <li>Share your progress</li> <li>Your week in review</li> </ul>	Share your progress (Weight, Girth)	—	—



WEEK	HABIT	LESSON	PROGRESS	SURVEYS	WORKSHOP
12	Made smart carb choices	<ul style="list-style-type: none"> <li>The Food Spectrum Game</li> <li>Help! I Need A Grownup!</li> <li>Don't Be Fooled By Fitness Foods</li> <li>Consistency, Not Compensation</li> <li>Fix My Recipe</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	—	Workshop #4
13	Eat healthy fats	<ul style="list-style-type: none"> <li>How to get healthy fats</li> <li>How To Prep &amp; Use Healthy Fats</li> <li>What Makes Fats Healthy?</li> <li>The Benefits of Omega-3s</li> <li>Cooking with Healthy Fats</li> <li>Share your progress</li> <li>Your week in review</li> </ul>	Share your progress (Weight, Girth, Photos)	Quick question: How are YOU doing?	—
14	Eat healthy fats	<ul style="list-style-type: none"> <li>Be Your Own Experiment</li> <li>Feedback, Not Failure</li> <li>How to "Listen To Your Body"</li> <li>Experiment Day: Snapshot</li> <li>What Is Your Body Saying?</li> <li>No Lesson</li> <li>Weekly Review &amp; Ritual</li> </ul>	—	—	—
15	Planned PN-friendly meals	<ul style="list-style-type: none"> <li>How to get your daily protein</li> <li>The Evolution of Eating</li> <li>Kitchen Essentials Keep Meals PN-Friendly</li> <li>How To Eat Healthy Meals At Restaurants</li> <li>How To Exercise While Traveling</li> <li>Share your progress</li> <li>Weekly Review &amp; Ritual</li> </ul>	Share your progress (Weight, Girth)	—	—

WEEK	HABIT	LESSON	PROGRESS	SURVEYS	WORKSHOP
16	Planned PN-friendly meals	<ul style="list-style-type: none"> <li>The Grind: Motivation Reboot</li> <li>The 3 Ss</li> <li>Who's On Your Team?</li> <li>Nothing Succeeds Like Success</li> <li>Pull the Trigger</li> <li>No Lesson</li> <li>Weekly Review &amp; Ritual</li> </ul>	—	—	Workshop #5
17	Recorded your intake	<ul style="list-style-type: none"> <li>Just Collect Data</li> <li>Why Keep A Food Journal?</li> <li>Go Ahead, Make My Mistake</li> <li>Don't Count On Calories</li> <li>What Else To Track In Your Food Journal</li> <li>Share your progress</li> <li>Your week in review</li> </ul>	Share your progress (Weight, Girth, Photos)	Quick question: How are YOU doing?	—
18	Recorded your intake	<ul style="list-style-type: none"> <li>Consistency Before Complaints</li> <li>What To Look For In Your Food Journal</li> <li>Try a Sample</li> <li>Food and Feelings</li> <li>Put Your Coach Hat On</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	—	—
19	Created & used a sleep ritual	<ul style="list-style-type: none"> <li>From 100 to 0: Your sleep ritual</li> <li>Sleep more = Get Leaner, Be Smarter</li> <li>11 Tips For A Great Night's Sleep</li> <li>When Sleep Rituals Aren't Enough</li> <li>Sleep Supplements to Try</li> <li>How To Exercise While Traveling</li> <li>Share your progress</li> <li>Weekly Review &amp; Ritual</li> </ul>	Share your progress (Weight, Girth)	Quick question: How are WE doing?	—

WEEK	HABIT	LESSON	PROGRESS	SURVEYS	WORKSHOP
20	Created & used a sleep ritual	<ul style="list-style-type: none"> <li>Mindset Matters</li> <li>Off to Mental Ninja Camp</li> <li>Review your mental script</li> <li>Chill Out</li> <li>The 3Rs</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	—	Workshop #6
21	Drank only calorie-free beverages	<ul style="list-style-type: none"> <li>Think Before You Drink</li> <li>Drinks Should Earn Their Rent</li> <li>Tea or Coffee?</li> <li>How Much Should You Drink?</li> <li>Another Kind of Drinking Challenge</li> <li>Share your progress</li> <li>Your week in review</li> </ul>	Share your progress (Weight, Girth, Photos)	Quick question: How are YOU doing?	—
22	Drank only calorie-free beverages	<ul style="list-style-type: none"> <li>Can You See Me Now?</li> <li>Clear the Clutter</li> <li>Break Up With Your Old Self</li> <li>Choose Your Own Adventure</li> <li>Keepin' It Real</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	—	—
23	Took a break	<ul style="list-style-type: none"> <li>Midterm Exam</li> <li>Play Time</li> <li>The Photo Shoot</li> <li>Eat What You Want Day</li> <li>Gut Check</li> <li>Share your progress</li> <li>Weekly Review &amp; Ritual</li> </ul>	Share your progress (Weight, Girth)	—	—



WEEK	HABIT	LESSON	PROGRESS	SURVEYS	WORKSHOP
24	Used targeted recovery strategy	<ul style="list-style-type: none"> <li>How to chase recovery</li> <li>Good Stress, Bad Stress</li> <li>What Is Recovery?</li> <li>The Body's Building Blocks</li> <li>Fill Your Body's Bank Account</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	Quick question: What's your outlook?	Workshop #7
25	Used targeted recovery strategy	<ul style="list-style-type: none"> <li>Supplements Are Supplements</li> <li>Mowing the Lawn With Your House On Fire</li> <li>Workout Boosters</li> <li>What's In That Bottle?</li> <li>Supplements That Work</li> <li>Share your progress</li> <li>Your week in review</li> </ul>	Share your progress (Weight, Girth, Photos)	—	—
26	Ate only whole foods	<ul style="list-style-type: none"> <li>How to play the whole foods game</li> <li>What counts as a whole food?</li> <li>Why are whole foods good?</li> <li>How healthy are healthy foods?</li> <li>Old school whole foods</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	—	—
27	Ate only whole foods	<ul style="list-style-type: none"> <li>Ch-Ch-Ch-Changes</li> <li>Fearless leaders</li> <li>Highs and low</li> <li>Obstacle course</li> <li>Seeing is believing</li> <li>Share your progress</li> <li>Weekly Review &amp; Ritual</li> </ul>	Share your progress (Weight, Girth)	—	—

WEEK	HABIT	LESSON	PROGRESS	SURVEYS	WORKSHOP
28	A little more, a little better	<ul style="list-style-type: none"> <li>How to do just a little better</li> <li>Expectations, revisited</li> <li>Continuum, continued</li> <li>Two wild &amp; crazy questions</li> <li>Learning to fall</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	—	Workshop #8
29	A little more, a little better	<ul style="list-style-type: none"> <li>DAIJA view</li> <li>Is there an elephant in the house?</li> <li>Talkin' about my motivation</li> <li>Spring clean for success</li> <li>Improves your moves</li> <li>Share your progress</li> <li>Your week in review</li> </ul>	Share your progress (Weight, Girth, Photos)	—	—
30	Protein & colorful plants with each meal	<ul style="list-style-type: none"> <li>Play the protein and plant game</li> <li>Brush up and branch out</li> <li>Are you a nutcase?</li> <li>Plant-based day</li> <li>To every veggie there is a season</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	—	—
31	Protein & colorful plants with each meal	<ul style="list-style-type: none"> <li>Evaluate and individualize</li> <li>Go primal</li> <li>Your owner's manual</li> <li>Ancestral diet day</li> <li>What's your (exercise) type?</li> <li>Share your progress</li> <li>Weekly Review &amp; Ritual</li> </ul>	Share your progress (Weight, Girth)	Quick question: How are WE doing?	—



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32	Practice 80% full	<p>Practice "leaving space"</p> <p>The discomfort zone</p> <p>Superfoods</p> <p>Experiment Day: Low fat or low carb day</p> <p>Working up an appetite</p> <p>No Lesson</p> <p>Your week in review</p>	—	—	Workshop #9
33	Practice 80% full	<p>The hunger</p> <p>Constant craving</p> <p>Good reads</p> <p>Fasting Day</p> <p>Help fight hunger</p> <p>Share your progress</p> <p>Your week in review</p>	Share your progress (Weight, Girth, Photos)	—	—
34	Do a mind-body scan	<p>Tune in to tune up your body</p> <p>Who's driving?</p> <p>What's your function?</p> <p>Know yourself</p> <p>Self-scanning while squatting</p> <p>No Lesson</p> <p>Your week in review</p>	—	—	—
35	Do a mind-body scan	<p>The 4 horsemen of eating issues</p> <p>Who cares?</p> <p>Your schedule doesn't lie</p> <p>Food and relationships</p> <p>Kummerspeck</p> <p>Share your progress</p> <p>Weekly Review &amp; Ritual</p>	Share your progress (Weight, Girth)	—	—

WEEK	HABIT	LESSON	PROGRESS	SURVEYS	WORKSHOP
36	Fitness media information vacation	<ul style="list-style-type: none"> <li>The information vacation game</li> <li>Photo shoot anatomy 1</li> <li>Photo shoot anatomy 2</li> <li>The information-free experiment</li> <li>Train, don't strain</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	—	—
37	Fitness media information vacation	<ul style="list-style-type: none"> <li>Nature calls</li> <li>Second verse, same as the first</li> <li>The urban jungle</li> <li>The no-contact challenge</li> <li>Go ape</li> <li>Share your progress</li> <li>Your week in review</li> </ul>	Share your progress (Weight, Girth, Photos)	Quick question: How are YOU doing?	—
38	20 minutes of de-stressing	<ul style="list-style-type: none"> <li>Find your oasis</li> <li>How to meditate (without the woo-woo)</li> <li>Time bandits, time warriors</li> <li>The unistasker</li> <li>Focus for fitness</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	—	Workshop #10
39	20 minutes of de-stressing	<ul style="list-style-type: none"> <li>The mirror</li> <li>Keep the hormones humming</li> <li>That's amore</li> <li>Saying difficult things (SDT)</li> <li>Appreciation Day</li> <li>Share your progress</li> <li>Your week in review</li> </ul>	Share your progress (Weight, Girth)	—	—

WEEK	HABIT	LESSON	PROGRESS	SURVEYS	WORKSHOP
40	Create & practice your fitness mission	<ul style="list-style-type: none"> <li>Start writing your fitness story</li> <li>Unfit person, fit person</li> <li>Find the fit person</li> <li>Do less</li> <li>Now and zen</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	—	—
41	Create & practice your fitness mission	<ul style="list-style-type: none"> <li>Come inside for dinner</li> <li>Hand over the feather</li> <li>Stuck in the middle with you</li> <li>It just got real</li> <li>Dream warrior</li> <li>Share your progress</li> <li>Your week in review</li> </ul>	Share your progress (Weight, Girth, Photos)	—	—
42	Picked your own habit	<ul style="list-style-type: none"> <li>How to choose your own adventure</li> <li>Keep the goal the goal</li> <li>Come out of the closet</li> <li>Your food history</li> <li>Bouncing back</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	—	Workshop #11
43	Picked your own habit	<ul style="list-style-type: none"> <li>Help wanted</li> <li>Recruit your crew</li> <li>Who's your farmer? (Again)</li> <li>Get your head right</li> <li>Get it together</li> <li>Share your progress</li> <li>Your week in review</li> </ul>	Share your progress (Weight, Girth)	Quick question: How are WE doing?	—



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44	Prepare for final photos	Your journey, your photo shoot Be your best you PN Client's photo shoot experience Anatomy of YOUR photo shoot Going up, coming down No Lesson Your week in review	—	—	—
45	Prepare for final photos	State of the union What do you see? What do you say? Dream it, do it Photo shoot: 1 day out Share your progress Your week in review	Share your progress (Weight, Girth, Photos)	Quick question: How are YOU doing?	—
46	Celebrate your progress	Let's get this party started Give thanks The denouement The shoulds No failure; only feedback No Lesson Your week in review	—	—	Workshop #12
47	Celebrate your progress	After enlightenment, the laundry Maintenance road How low can you go? The feast challenge The tightrope Share your progress Your week in review	Share your progress (Weight, Girth)	—	—

WEEK	HABIT	LESSON	PROGRESS	SURVEYS	WORKSHOP
48	Pay it forward	<ul style="list-style-type: none"> <li>Help others, help yourself get healthy</li> <li>Dear Newbie...</li> <li>Joy division</li> <li>Meal of Meaning challenge</li> <li>More fit friends</li> <li>No Lesson</li> <li>Your week in review</li> </ul>	—	<ul style="list-style-type: none"> <li>Quick question: What's your outlook?</li> </ul>	—
49	Pay it forward	<ul style="list-style-type: none"> <li>1 week from retirement</li> <li>Don't dwell; do</li> <li>What would you do?</li> <li>The Perfect Day challenge</li> <li>Give back</li> <li>Share your progress</li> <li>Your week in review</li> </ul>	<ul style="list-style-type: none"> <li>Share your progress (Weight, Girth, Photos)</li> </ul>	—	—
50	Pay it forward	<ul style="list-style-type: none"> <li>The station</li> <li>The logistics of leaving PN Coaching</li> <li>Your exit strategy</li> <li>Getting your wings</li> <li>The secret to PN Coaching, revealed</li> </ul>	—	—	<ul style="list-style-type: none"> <li>Workshop #13</li> </ul>