

Take Control of YOUR Fitness

PACING GUIDE



WEEK 1

Fitness Basics
Goal setting
Understanding Tools

Module 1 - Just the Basics

- Workout assessment
- Goal Setting Planner
- Workout Tracker

Module 2 - Tools

WEEK 2

Getting to Work
Fitness Demos
Sample Plans

Module 3 - Injury Prevention

Module 4 - All the Moves

Module 5 - Sample Workouts

- Sample Cardio Plan
- Sample Strength Plan
- Sample Combined Plan
- Blank workout template

WEEK 3

Nutrition Insight
Wrap Up

Module 6 - Food is Fuel

- Clean Eating Menu

Wrap Up

- Resource List