

Weekly course planner (Space for important stuff)

MODULE	ACTION ITEM	DETAILS	NOTES	CHECKBOX
INDUCTION	Join "F.ACNE" Facebook Group, follow our social platforms & introduce yourself to the group!	In week 1 of F.ACNE, upload a selfie of your skin in the private group, outline your acne journey and tell the group why you've joined F.ACNE. Stay up to date by following our social platforms		<input checked="" type="checkbox"/>
INDUCTION	View Teachable Navigation video to familiarise yourself with the platform and how to use it.	If you're still unsure on how to use the program, please contact info@facne.com.au with your questions.		<input type="checkbox"/>
INDUCTION	READ What is Acne fact sheet & define your acne (which cysta are you)	Understanding your acne and defining it will help you throughout your journey so this section is very important!		<input type="checkbox"/>
INDUCTION	Print F.ACNE symptom tracker	VERY IMPORTANT! If you want to track progress and understand your symptoms this step is CRUCIAL . You will start to use this in week 1, Module 1: NUTRITION.		<input type="checkbox"/>