

Lightning Speed (1 to 2 Weeks)

Month _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Day 1 Modules 1 & 2	Day 2 Modules 3 & 4	Day 3 Modules 5 & 6	Day 4 Modules 7 & 8	Day 5 Modules 9 & 10	
	Day 6 Modules 11 & 12	Day 7 Modules 13 & 14	Day 8 Modules 15 & 16	Revisit lectures as needed	Complete Workbook if not already	
	LAUNCH 🚀					

Steady Pace (3 to 4 Weeks)

Month _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Day 1 Module 1	Day 2 Module 2	Day 3 Module 3	Day 4 Module 4	Day 5 Module 5	
	Day 6 Module 6	Day 7 Module 7	Day 8 Module 8	Day 9 Module 9	Day 10 Module 10	
	Day 11 Module 11	Day 12 Module 12	Day 13 Module 13	Day 14 Module 14	Day 15 Module 15	
	Day 16 Module 16	Revisit lectures as needed	Complete Workbook if not already	Break	Break	
	LAUNCH 🚀					

Leisurely Pace (4 to 8 Weeks)

Month _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Day 1 Module 1 	Day 2 Module 2 	Break 	Day 3 Module 3 	Day 4 Module 4 	
	Break 	Day 5 Module 5 	Break 	Day 6 Module 6 	Day 7 Module 7 	
	Day 8 Module 8 	Break 	Day 9 Module 9 	Break 	Day 10 Module 10 	
	Break 	Day 11 Module 11 	Break 	Day 12 Module 12 	Break 	
	Day 13 Module 13 	Break 	Day 14 Module 14 	Break 	Break 	

Leisurely Pace (4 to 8 Weeks)

Month _____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Day 15 Module 15	Break	Day 16 Module 16	Break	Break	
	Revisit lectures as needed	Break	Complete Workbook if not already	Break	Break	
	LAUNCH 🚀					
				Break	Break	

Self Pace: Check modules off as completed - no set schedule.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Day 1 Module 1 	Day 2 Module 2 	Day 3 Module 3 	Day 4 Module 4 	Day 5 Module 5 	
	Day 6 Module 6 	Day 7 Module 7 	Day 8 Module 8 	Day 9 Module 9 	Day 10 Module 10 	
	Day 11 Module 11 	Day 12 Module 12 	Day 13 Module 13 	Day 14 Module 14 	Day 15 Module 15 	
	Day 16 Module 16 	Revisit lectures as needed 	Complete Workbook if not already 	Break 	Break 	
	LAUNCH  					