

Personal Back Coach Syllabus

- Week 1 Complete My Back History Questionnaire and review with Coach
Read **Back to Health**
- Week 2 Read **Daily Activity Journal Instructions**
Work on Activity Journal and review with Coach
- Week 3 Read **Setting SMART Goals**
Consult with Coach to set goal. Goals will focus on physical activity, posture and body mechanics or stress management.
- Week 4 Receive 1st Goal Progression from Coach
Read information related to goal topic (Coach will direct you)
- Week 5 Work on Goal
- Week 6 Wrap up ~ Back to the Future!
Receive Final Goal Progression from Coach