

Personal Fit Coach Syllabus

Session 1: Getting to Know You, Getting to Know Your Coach

Complete Personal Fit Coach Initial Survey and “My Fitness History”

Read: SMART Goal Setting

Session 2: Get Ready, Get Set....

Set Personal Fit Coach goals and fitness plan with your coach

Read: Basics of Fitness

Sessions 3: Get Fit! Begin on Your Fitness Plan

Continue fitness plan and begin journaling

Read: Fitness Myths: Debunked

Sessions 4: Introduction to Strength Training

Read: Strength Training 101

Session 5: Mid-Way Assessment of Progress

Review journaling with coach; re-define fitness plan or goals if needed

Read: Maintaining Motivation

Sessions 6: How Hard Should You Exercise?

Read: Exercise Intensity

Sessions 7: The Importance of Flexibility

Read: Flexibility Facts

Session 8: Assessing Your Progress

Review journaling with coach; re-define fitness plan or goals if needed

Read: Coping with Setbacks

Session 9: Future Plans: How to Keep Moving Towards your Fitness Goals

Read: Overcoming Exercise Obstacles

Session 10: Fitness and Health: It Does Make a Difference

Finalize future fitness plans

Read: Health Benefits of Exercise

Session 11: Check in with Coach....

Depending on member needs, will occur 1-4 weeks following session 10

Session 12: Final check in with Coach....

Depending on member needs, will occur 1-4 weeks following session 11

Complete: Final Personal Fit Coach surveys