

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	Day 9 Module 17	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	Day 16 Module 17	Complete Workbook if not already	Break	Break	
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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	
	Day 17 Module 17	Break	Complete Workbook if not already	Break	Break	
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				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	Day 16 Module 16	Complete Workbook if not already	Break	Break	
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