

75-DAY STUDY PLANNER

STUDY DAY	COMPLETION DATE	CHAPTER	ASSIGNMENT
Introduction to the Optimum Performance Training Model			
Day 1		1 - The Scientific Rationale for Integrated Training	<ul style="list-style-type: none"> • Become familiar with study materials and online format • Watch online presentations for Chapter 1 • Read Chapter 1
Day 2		1 - The Scientific Rationale for Integrated Training	
Day 3		1 - The Scientific Rationale for Integrated Training	<ul style="list-style-type: none"> • Review online content and Chapter 1
Professional Development, Practice & Responsibility			
Day 4		20 - Developing a Successful Personal Training Business	<ul style="list-style-type: none"> • Watch online presentations
Day 5		20 - Developing a Successful Personal Training Business	<ul style="list-style-type: none"> • Read Chapter 20
Day 6		BOC Candidate Handbook	<ul style="list-style-type: none"> • Read NASM BOC Candidate Handbook
Day 7		20 - Developing a Successful Personal Training Business	<ul style="list-style-type: none"> • Review online content and Chapter 20
Client Relations & Behavioral Coaching			
Day 8		19 - Lifestyle Modification and Behavioral Coaching	<ul style="list-style-type: none"> • Watch online presentations
Day 9		19 - Lifestyle Modification and Behavioral Coaching	<ul style="list-style-type: none"> • Read Chapter 19
Day 10		19 - Lifestyle Modification and Behavioral Coaching	<ul style="list-style-type: none"> • Review online content and Chapter 19

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Personal Training Exam Study Guide

Puja Mehta



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