

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

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# Personal Training Exam Study Guide

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