

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	• Become familiar with study materials and online format • Watch online presentations for Chapter 1 • Read Chapter 1 • Review online content and Chapter 1
Day 2		1 - The Scientific Rationale for Integrated Training	
Day 3		1 - The Scientific Rationale for Integrated Training	• Watch online presentations
Professional Development, Practice & Responsibility			
Day 4		20 - Developing a Successful Personal Training Business	• Read Chapter 20
Day 5		20 - Developing a Successful Personal Training Business	• Read NASM BOC Candidate Handbook • Review online content and
Day 6		20 - Developing a Successful Personal Training Business	
Day 7		20 - Developing a Successful Personal Training Business	• Watch online presentations
Client Relations & Behavioral Coaching			
Day 8		19 - Lifestyle Modification and Behavioral Coaching	• Read Chapter
Day 9		19 - Lifestyle Modification and Behavioral Coaching	• Review online
Day 10		19 - Lifestyle Modification and Behavioral Coaching	

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