

CERTIFICATION REQUIREMENTS CHECKLIST

The assignments and activities listed below must be completed in order to obtain certification.
Use this checklist to mark what you have completed, and what still remains to be done.

CLIENT ASSIGNMENTS

- Read Chapter 1
- Personal Health & Weight Loss Goals
- Video: TLS Introduction
- Video: Detox
- Read Chapter 2
- Read Chapter 2, Diabetes & Hypoglycemia
- Read Chapter 2, Pregnant Or Nursing
- Read Chapter 3
- Read Chapter 4, Part 1
- Video: Low Glycemic Impact Eating
- Video: Reading Labels
- Read Chapter 4, Part 2
- Read Chapter 5
- Read Chapter 6
- Video: Improving Metabolism
- Video: Exercise
- Movie: Forks Over Knives (will have to rent or buy)
- Read Chapter 7, Part 1
- Be Present With Your Food
- Video: Nutrition
- Video: Creating Healthy Habits
- Read Chapter 7, Part 2
- One-On-One Phone Call
- Read Chapter 8
- Read Chapter 9
- Video: Overcoming Obstacles
- Video: Managing Stress
- Week 4 Measurements
- Read Chapter 10
- Video: Believing In Yourself
- Video: Planning & Dining Out

- Starting Measurements
- Week 1 Measurements
- Week 2 Measurements
- Week 3 Measurements
- Week 4 Measurements

- Week 1 Daily Journals
- Week 2 Daily Journals & Coach Buddy Feedback
- Week 3 Daily Journals & Coach Buddy feedback
- Week 4 Daily Journals & Coach Buddy feedback

CIT ASSIGNMENTS

- Read CIT Welcome Guide
- CIT Welcome Guide Assignments
- CIT Agreement
- Read Module 1
- Create Coaching Binder
- Practical Coach Training Assignments
- Names List
- MA Getting Started Guide
- Read Module 2
- Read Module 3
- Create A Presence On Social Media
- Week 1 Listening Guide
- Read Module 4
- Read Module 5
- Sugar Demo Exercise
- Video: Wellness 101
- Week 2 Listening Guide
- Read Module 6
- CIT Evaluation
- The Big Announcement
- Post Health Tips
- Schedule First Class
- Read Module 7
- Week 3 Listening Guide
- Read Module 8
- Read Module 9
- Week 4 Listening Guide

- Post Week 1 Losses on Facebook
- Post Week 2 Losses on Facebook
- Post Week 3 Losses on Facebook
- Post Week 4 Losses on Facebook

- Week 1 Conference Call & Webinar
- Week 2 Conference Call & Webinar
- Week 3 Conference Call & Webinar
- Week 4 Conference Call & Webinar
- Week 5 Live Webinar (not recorded)

- Passing Score On Final Exam