



## Certified Personal Medicine Coach: Schedule

All coaching calls (other than 1:1 calls) occur on **Wednesdays** from **2:00pm–3:15pm (ET)**

| Week   | Topic  | Coaching Call            | Coursework  | Start Date       | Due Date  |
|--------|--|--------------------------|---|------------------|-----------|
| 0      | <b>Get Ready</b>                                     | No Call                  | <ul style="list-style-type: none"> <li>· Self-assessment</li> <li>· Access to course</li> </ul>   | 4/16/2025        | 4/22/2025 |
| 1      | <b>Discovering Personal Medicine</b>                 | Coaching Call #1         | <ul style="list-style-type: none"> <li>· Coaching call</li> <li>· E-learning</li> <li>· Practice</li> <li>· Reflection</li> <li>· Quiz</li> </ul> | 4/23/2025        | 4/29/2025 |
| 2      | <b>Coaching with the Personal Medicine Worksheet</b> | Coaching Call #2         | <ul style="list-style-type: none"> <li>· Coaching call</li> <li>· E-learning</li> <li>· Practice</li> <li>· Reflection</li> <li>· Quiz</li> </ul> | 4/30/2025        | 5/6/2025  |
| 3      | <b>Personal Medicine Cards</b>                       | No Call                  | <ul style="list-style-type: none"> <li>· E-learning</li> <li>· Practice</li> <li>· Reflection</li> <li>· Quiz</li> </ul>                          | 5/7/2025         | 5/13/2025 |
| 4      | <b>Coaching with the Personal Medicine Cards</b>     | Coaching Call #3         | <ul style="list-style-type: none"> <li>· Coaching call</li> <li>· E-learning</li> <li>· Practice</li> <li>· Reflection</li> <li>· Quiz</li> </ul> | 5/14/2025        | 5/20/2025 |
| 5      | <b>Personal Medicine Guides</b>                      | No Call                  | <ul style="list-style-type: none"> <li>· E-learning</li> <li>· Practice</li> <li>· Reflection</li> <li>· Quiz</li> </ul>                          | 5/21/2025        | 5/27/2025 |
| 6      | <b>Coaching with the Guides</b>                      | Coaching Call #4         | <ul style="list-style-type: none"> <li>· Coaching call</li> <li>· E-learning</li> <li>· Practice</li> <li>· Reflection</li> <li>· Quiz</li> </ul> | 5/28/2025        | 6/3/2025  |
| 7      | <b>Going Deeper with Personal Medicine</b>           | No Call                  | <ul style="list-style-type: none"> <li>· E-learning</li> <li>· Practice</li> <li>· Reflection</li> <li>· Quiz</li> </ul>                          | 6/4/2025         | 6/10/2025 |
| 8      | <b>Pulling it All Together</b>                       | Coaching Call #5         | <ul style="list-style-type: none"> <li>· Coaching call</li> <li>· E-learning</li> <li>· Practice</li> <li>· Reflection</li> </ul>                 | 6/11/2025        | 6/17/2025 |
| 9 & 10 | <b>Approaching the Finish Line</b>                   | Individual Coaching Call | Final Exam Prep   | 6/18/2025        | 6/24/2025 |
|        |  | <b>Final Exam Due:</b>   |   | <b>6/26/2025</b> |           |
| 11     | <b>Certification Celebration</b>                     | Coaching Call #6         | <ul style="list-style-type: none"> <li>· Celebration call</li> <li>· Self-assessment</li> <li>· Course feedback</li> </ul>                        | 7/2/2025         | 7/2/2025  |