

Health Coaching Riding the Aging Wave Course Checklist

Note: To move through the course you must watch each video fully. There are 3 Quizzes, you have 3 chances to complete and a score of 80% or higher is required to pass.

Check ☒	Course Content Name	Resource Type	Action
	Health Coaching Riding the Aging Wave Course Intro	PDF – Take Notes	Print and use as reference
	Health Coaching Riding the Aging Wave Course Intro	Video	Watch Video
	Part 1A Learning Resource - Take Notes	PDF – Take Notes	Print and use as reference
	Part 1 A_ Introduction to Health Coaching	Video	Watch Video
	SMART Goal Practice	PDF	Print and Practice
	Part 1 A_2 Habit Loop	Video	Watch Video
	Habit Loop Practice	PDF	Print and Practice
	Part 1 A_3 The Elephant, the Rider and the Path	Video	Watch Video
	The Elephant, the Rider and the Path Practice	PDF	Print and Practice
	Part 1A_4 Listen, Motivate, Accountability	Video	Watch Video
	Part 1 A Quiz	Online	Complete Quiz

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Check ☒	Course Content Name	Resource Type	Action
	Part 1 B Learning Resource – Take Notes	PDF – Take Notes	Print and use as reference
	Part 1 B _1 DISC Personality Type Model	Video	Watch Video
	Part 1 B_2 Applying the DISC Model	Video	Watch Video
	Optional – Complete the DISC Assessment	Online	Complete Assessment
	Part 1 B Quiz	Online	Complete Quiz
	Part 1 C Learning Resources – Take Notes	PDF – Take Notes	Print and use for reference
	Part 1 C_1 The Transtheoretical Model (TTM)	Video	Watch Video
	Part 1 C_2 Applying The Transtheoretical Model	Video	Watch Video
	The Transtheoretical Model Practice	PDF	Print and Practice
	Part 1C Quiz	Online	Complete Quiz
	Health Coaching Riding the Aging Wave Part 1 – Closing	Video	Watch Video