

30 Day Power Cycle Sprint

Join every call at BEMERleaders.com

	MON	TUE	WED	THU	FRI	SAT	SUN
01 Oct 5-11	5 Kickoff — Goal Sharing 45 MIN 5p PT · 6p MT 7p CT · 8p ET	6	7 Weekly Check-In 30 MIN 5p PT · 6p MT 7p CT · 8p ET	8	9 Weekly Leadership Update INDIVIDUAL 1:1 feedback with Jake on group wins/lessons	10	11
02 Oct 12-18	12 Power Hour #1 1 HR 5p PT · 6p MT 7p CT · 8p ET	13	14 Weekly Check-In 30 MIN 5p PT · 6p MT 7p CT · 8p ET	15	16 Weekly Leadership Update INDIVIDUAL 1:1 feedback with Jake on group wins/lessons	17 Local Event Leader-hosted	18
03 Oct 19-25	19 Power Hour #2 1 HR 5p PT · 6p MT 7p CT · 8p ET	20	21 Weekly Check-In 30 MIN 5p PT · 6p MT 7p CT · 8p ET	22 Mid-Sprint Training 30 MIN 10a PT · 11a MT 12p CT · 1p ET	23 Weekly Leadership Update INDIVIDUAL 1:1 feedback with Jake on group wins/lessons	24	25
04 Oct 26-Nov 1	26 Power Hour #3 1 HR 5p PT · 6p MT 7p CT · 8p ET	27	28 Weekly Check-In 30 MIN 5p PT · 6p MT 7p CT · 8p ET	29	30 Weekly Leadership Update INDIVIDUAL 1:1 feedback with Jake on group wins/lessons	31	1

CLOSING
CALL

Mon, Nov 2 — Goal Sharing #2 (45 min)

Celebrate · declare next goal · hand off written Day 31-60 calendar

Same link every time

5p PT · 6p MT · 7p CT · 8p ET