

**HEALTH FIT
BUSINESS™**

COURSE SYLLABUS

LEVEL ONE COURSE

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Here is the outline of everything you'll learn in the HFB Level One Course.

Module 1 - Why Scale?

1.1 - Module Overview

Module 1 will teach you the importance of scaling and why it is the foundation of this entire course.

1.2 - Time

The time lesson will teach you how to find how much time you need and how scaling can help you get done the things you actually want to get done.

1.3 - Money

The money lesson will help you calculate where you're at currently and how scaling can help you get to your dream amount and where you are limited now.

1.4 - Freedom

The freedom lesson will help you identify gaps in your current schedule and what you need to with scaling to free up to do what you actually want to do.

1.5 - Impact

The impact lesson will teach you to identify how non-scalable approaches aren't really impactful and what you can do to change that with scaling.

Module 2 - Scaling Options

2.1 - Module Overview

Now you know why, Module 2 will show you the options on how to scale.

2.2 - Physical Products

This lesson will help you brainstorm how you can use your skillset to create a scalable physical product so everyone in the world can have a hands on solution.

2.3 - Digital Products

This lesson will help you identify how you can use your skillset to create a scalable digital product for your customers so they can learn wherever whenever.

2.4 - Membership Sites

This lesson will help you see how you can use your skillset to create a scalable membership site that solves problems with a community.

2.5 - Live Events

This lesson will help you figure out how you can use your skillset to create a scalable live event in many cities.

2.6 - Service Based

This lesson will help you see how you can use your skillset to create a scalable service based location not dependent on you.

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Module 3 - Self Evaluation

3.1 - Module Overview

Module 3 is all about assessing where you're at now so you can strip away what you don't need and move forward.

3.2 - Action Awareness

This lesson will show you all the actions you're currently doing so you can eliminate them from your schedule later in the course.

3.3 - Start, Stop, Continue

This exercise will help you immediately identify which actions you should start, stop or continue that will help you do only what matters.

3.4 - Unique Abilities

This exercise will help you identify the things that you, and only you, should be getting after.

Module 4 - Automations

4.1 - Module Overview

Module 4 is how to automate the things that you're doing that no one should do.

4.2 - Phone

This lesson will show you protocols and software so you never have to reach over to mute (or answer) your phone..

4.3 - Scheduling

This exercise will show you the programs to use so you don't ever have to waste time scheduling someone again.

4.4 - Payments

This lesson will explain how you can avoid ever having fumble with a credit card to take another payment

4.5 - Email

This lesson will show you the tools to automate sending emails so you can get out of your inbox and back to work.

4.6 - FAQs

The impact of this lesson will eliminate the time you spend answering questions that you continually have to answer.

4.7 - Misc Automations

These are the mixed bag of automations that help take your business and your life to the next level by saving you and your staff tons of time.

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Module 5 - Delegations

5.1 - Module Overview

Module 5 will teach you the importance of delegation with practical steps to taking action so your staff does the work you shouldn't be doing.

5.2 - Systems

This lesson will guide you through making systems in different areas of your business so people get things done without constant management.

5.3 - Checklists

This lesson will help you make appropriate checklists to fulfill repetitive processes in your business so you know the right things are getting done.

5.4 - Finding People

This lesson will teach you how to find people to whom you can delegate so you can build a worldwide workforce no matter what stage of business you're in.

Module 6 - Optimizations

6.1 - Module Overview

Module 6 will teach you how to optimize the tasks you currently are required to do to free up your time and energy.

6.2 - Efficiency vs Effectiveness

In this lesson you will rate all your current tasks using a quadrant system to identify and take action on your potential growth areas to do the right things the right way.

6.3 - Time Blocking

In this lesson, you will learn time blocking basics and build a schedule for yourself that actually works to get things done.

6.4 - Systems for Yourself

This lesson will take you through building systems for yourself and your actions so you have self accountability on the things that matter.

6.5 - Collaboration Tech Tools

In this lesson, you will learn the tech and collaboration tools to efficiently and effectively get work done with a team and live in the 21st century.

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Module 7 - Self Investment

7.1 - Module Overview

Module 7 will take you through the 4 areas of yourself that you need to be investing in to be the best version of you.

7.2 - Nutrition

This lesson will teach you how to develop a specific nutrition strategy to maximize your abilities to think, focus, and work.

7.3 - Movement and Exercise

In this lesson, you'll set up a movement and exercise schedule for yourself for maximum productivity and health so you can scale effortlessly.

7.4 - Sleep

In this lesson, you'll learn all the tips and tools you need for optimal sleep so you are rest well and can perform at your highest level.

7.5 - Stress

This lesson will help you manage and reduce your stress so you can focus on effective mental performance.

Module 8 - Self Improvement

8.1 - Module Overview

Module 8 will work on improving yourself from eliminating time drains to building routines for yourself.

8.2 - Notifications

This lesson will challenge a hard-held habit that is draining your energy and attention so that you can focus on building your business and more important things.

8.3 - Thinking Bigger

In this lesson you'll learn how to strategically think bigger so that you can solve meaningful problems that lead to business success.

8.4 - Deep Work

In this lesson you'll learn the difference between deep work and tasked based work as well as set a schedule for yourself so you can get the most important things done that your business needs.

8.5 - Routine Builder

This lesson will teach you how to build routines into your life to optimize your day and lead to compounding results.

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Module 9 - Platform Building

9.1 - Module Overview

Module 9 culminates the course, teaching you what you need to know about the platforms available for massively growing your business.

9.2 - Social Media

This lesson will teach you the different ways to use social networks to grow your business revenue and impact.

9.3 - Websites

This lesson will potentially save you thousands of dollars by teaching you the necessities of what it takes to build a beautiful website.

9.4 - Podcast

This lesson will cut through all the noise to teach you exactly how to start a podcast to grow your business and your reach.

9.5 - Email Marketing

This lesson will teach you about one of the most lucrative platforms for building your business and gaining new customers.