



AgeWellwithCJ.com

FAF Overview

1. 8 weeks
2. 4 modules
3. Self-paced
4. Open Mind

Coaching Calls

Weekly 5pm PST

July 1 Aug 19

Format

Recorded

Fitness Program

Format

Intervals

Rest Days

New Workouts

Texts

Community

Don't Get Stuck!
Post Daily
Progress/Challenges
Other's Have the
Same Question
Past Information

The background of the slide is a dense, overlapping pattern of colorful spheres. The spheres are in various colors including shades of blue, green, purple, and teal. Each sphere has a pattern of smaller, darker circles on its surface, giving them a textured, polka-dot appearance. The overall effect is a vibrant, abstract, and somewhat chaotic background.

Welcome Section

Cheat Sheets

Completing the course

Resource Links

Getting Started Module

Don't Skip The Goals

Food Journal

Neutral Circumstances VS Thoughts



Questions?

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