

Commencing April 2025

| MONTH | Year 2 Learning Paths accessed via eLearning Platform - #Running Order | | | | LIVE IN PERSON CLASS ATTENDANCE |
|--|---|--|--|--|--|
| | CHEK Academy Year 2 | CHEK Academy Year 2 Mentoring Live Online Calls & Fast Tracks | Holistic Lifestyle Coaching Level 2 Advanced Training Program LIVE (Online available on request) | Integrated Movement Science Level 2 Advanced Training Program LIVE | |
| 13 | Primal Pattern Eating #2 | Academy Workshop Packages, Sales & Consultations #1* | HLC2 Pre Reading Under the Veil of Deception & The Kalish Method #3 | | |
| 14 | A CHEK Practitioner's Guide to HTEMBH Questionnaires & Last 4 Doctors ebook #4 | Recording of Group Mentor Call 1 will be available within 7 days of call | Holistic Lifestyle Coaching Level 2 Pre-Course Resources #5 | | |
| 15 | | | HLC2 Live Digital Manual #6 PLEASE DOWNLOAD MANUAL BEFORE LIVE CLASS | | |
| 16 | | Recording of Group Mentor Call 2 will be available within 7 days of call | | | Holistic Lifestyle Coaching Level 2 Live 5 Day Live In Person Class - will be in July 2025 or August 2025 depending in which region you would like to attend. |
| 17 | Advanced Program Design #7 | Fast Track How to Structure a Coaching Package #8* | | | |
| 18 | Scientific Stretching #9 | | Holistic Lifestyle Coaching Level 2 Exam #10 Access to HLC2 Post course Resources on completion of exam #11 | | |
| 19 | Walking Tall #12** | | | | |
| 20 | Academy Workshop Holistic Lifestyle Coaching Level 2 Practical Application #13* | | | | |
| 21 | | Recording of Group Mentor Call 3 will be available within 7 days of call | | Integrated Movement Science Level 2 Pre-Course Resources #14 | |
| 22 | | | | IMS2 Live Digital Manual #15 PLEASE DOWNLOD MANUAL BEFORE LIVE CLASS | |
| 23 | | Integrated Health Business Professional Level 1 Course 1 #21 | | IMS2 Live Day 1 Review #16 | Integrated Movement Science Level 2 Live 5 Day Live In Person Class - will be in February 2026 in all regions. |
| | | | | IMS2 Live Day 2 Review #17 | |
| | | | | IMS2 Live Day 3 Review #18 | |
| | | | | IMS2 Live Day 4 Review #19 | |
| | | | | IMS2 Live Evaluation & Day 5 Review #20 | |
| 24 | Academy Workshop CP2 Review #22* | Recording of Group Mentor Call 4 will be available within 7 days of call | | Integrated Movement Science Level 2 Exam #23 Access to IMS2 Post course Resources on completion of exam #24 | |
| Bonus Material | PPS Success Program Lesson 08: Time Can't Be Managed** | PPS Success Program Lesson 09: Don't Get Your Feathers Wet** | Coaching People Online (and In Person)** | The Complete Love as the Basis for Self-Healing Series** | Year 2 bonus material will be available to you on the CHEK Academy Year 2 Mentoring Live Online Calls & Fast Tracks learning path. There will be more bonus material in Year 3. **Bonus Material - given as free gifts to academy students |
| Once your deposit has been paid to join Year 2 April 2025 you will be given access to the Year 1 Alumini Learning Paths and receive the below for FREE | | | | | |
| Year 1 Academy Material | Fast Track - How to Learn Anatomy Academy workshop - Anatomy & Physiology * | Fast Track - How to Design an Exercise Program Fast Track - Scientific Back Training - Practical Testing and Anatomy * | Academy Workshop - Holistic Lifestyle Coaching Level 1 Practical Application * | Fast Track - Movement That Matters - Concepts Workshop * | Academy Workshop - CP1 Review * *Academy Exclusive Material - given free to academy students |
| Year 1 Bonus Material | PPS Success Program Lesson 01: Determining Your Legacy** | PPS Success Program Lesson 07: How to Learn ** | How to Eat, Move & Be Healthy! Online Video ** You Are What You Eat Audiobook ** | The Gym Instructor Series ** Primal Pattern - AE Movements** | 3 Audio programs: Better Butt Better Back: Scientific Rotation Training, Scientific Balance Training** |