

The VALOR™ 8-Week Curriculum

Instructional Design Model: ADDIE

Delivery Format: Online Group Coaching (Skool Classroom + Live Coaching)

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Overview

Audience: Veterans and men 35+ seeking sustainable health, purpose, and longevity

Duration: 8 Weeks

Delivery: Blended model – asynchronous (video + worksheets) + synchronous (live group coaching)

Pedagogical Approach: Experiential learning, reflective practice, community-based accountability

Outcome: Improved physical health, mental clarity, emotional resilience, and personal leadership

Evaluation: Surveys and quizzes, Assignment completion

ADDIE Framework Overview

A – Analysis

Identify veterans' barriers: chronic pain, fatigue, mental burnout, and loss of purpose.

Learner needs: clear structure, accountability, relatable community, sustainable progress.

Course solution: integrate physical, psychological, and purpose-driven development.

D – Design

Scaffold content using VALOR™ pillars. Use micro-learning and behavior-based tasks. Include multimodal instruction: visual, auditory, and kinesthetic elements.

D – Development

Build out weekly lessons, assessments, and reflection tools. Use plain, action-oriented language. Provide templated exercises and trackers.

I – Implementation

Deliver via Skool modules with community interaction. Weekly cadence: Live Call → Independent Tasks → Reflection → Peer Sharing.

E – Evaluation

Weekly self-checks, coach reviews, and final identity reflection ('Warrior Creed'). Post-program survey and optional 30-day follow-up.

Curriculum Outline (Week-by-Week Lesson Plans)

Each week includes objectives, activities, materials, and reflection/assessment for consistency and flow.

Phase 1 – Resilience Foundation (Weeks 1)

Theme: Calm Body, Clear Mind

Lesson 1: Building Inner Stability

Objective: Identify stress triggers and implement daily nervous system regulation.

Activities: Watch lesson video, practice decompression drills, journal one calm moment daily, Build your personalized fitness and nutrition plan

Materials: Breathwork guide PDF, Reflection worksheet.

Assessment: Weekly reflection form

Lesson 2: Purpose & Connection

Objective: Define personal mission and reconnect with purpose.

Activities: Watch 'Purpose Beyond Motivation,' complete Why Statement, perform one act of service.

Materials: Why Statement Worksheet.

Assessment: Submit Why Statement in Skool thread.

Phase 2 – Vital Signs Awareness (Week 2)

Theme: What Gets Measured Gets Improved

Lesson 3 : The Deadly 3

Objective: Identify root causes of dysfunction (toxic exposure, mTBI, parasites).

Activities: Watch lesson, complete health checklists, discuss in office hours

Materials: The "Deadly 3" PDF, Pain Tracker.

Assessment: Blood work appointment confirmed, mTBI check list completed,

Lesson 4: The Veteran Vital Signs Baseline

Objective: Record and interpret baseline metrics.

Activities: Watch lessons, log sleep, pain, energy, HRV, weight

Materials: Tracking sheet, Data guide.

Assessment: Nil

Phase 3 – Avoidance Protocol (Week 3)

Theme: Subtraction Before Addition

Lesson 5: The Clean Slate Challenge

Objective: Eliminate processed sugar, seed oils, and blue light.

Activities: Join challenge, journal changes, post daily.

Materials: Challenge Tracker.

Assessment: 7 day reflection in Skool. Mid point quiz

Lesson 6: Building Better Inputs

Objective: Introduce sustainable nutrition and hydration and supplementation

Activities: Watch lesson, build meal plan, implement hydration/supplement protocols.

Materials: Old Man Nutrition PDF, supplement research, Don't Waste Your Money Supps Guide PDF

Assessment:, Mid Point quiz

Phase 4 – Longevity Practices (Week 5)

Theme: Discipline Is Freedom

Lesson 7: Move Like a Human Again

Objective: Build pain-free functional strength and mobility.

Activities: Try new workout/exercises, daily mobility ritual, recovery tracking, Workout challenge BONUS

Materials: Old Man Workout Guide, BEAST KB workout PDF, research papers.

Assessment: Upload training log.

Lesson 8: Sleep, Recovery & Stillness

Objective: Optimize sleep hygiene and recovery cycles.

Activities: Apply 'Sleep as a Weapon' routine, test sleep metrics.

Materials: Sleep tracker sheet. Cold Dark Cave PDF, research papers

Assessment: 7-day sleep log in self reflection form

Phase 5 – Optimization (Week 6)

Theme: Less Guessing. More Precision.

Lesson 9: Test, Don't Guess

Objective: Interpret health data and identify optimization targets.

Activities: Watch lessons, evaluate HRV/sleep consistency, note one focus area.

Materials: Lab interpretation guide.

Assessment: nil

Lesson 10: Recovery Is the Multiplier

Objective: Strengthen recovery systems, learn outside the box strategies (red light, cold plunge, sauna, mushrooms)

Activities: Implement 3x recovery sessions/week, track HRV and mood.

Materials: Recovery Routine Guide, research articles

Assessment: Self assessment form

Phase 6 – Return to Resilience (Week 7)

Theme: Lead Yourself. Serve Others.

Lesson 11: The Integration Phase

Objective: Reflect on identity transformation.

Activities: Watch 'Integration & Identity,' complete reflection journal.

Materials: Reflection worksheet.

Assessment: Submit integration reflection.

Lesson 12: The Warrior Creed & Closing Ceremony

Objective: Articulate personal mission and values.

Activities: Write and share Warrior Creed, join final live call.

Materials: Creed template, Survey.

Assessment: Submit final Creed, receive patch.



Evaluation Strategy

Formative: Weekly reflections, group feedback, and accountability posts.

Summative: Final Creed submission and program reflection.

Program Metrics: Completion rates, engagement levels, qualitative testimonials, and 30-day follow-up surveys.



Conclusion

The VALOR™ Curriculum is more than a coaching experience — it's a structured path of self-mastery.

Each pillar builds upon the previous, guiding veterans from chaos to calm, fatigue to vitality, and survival to leadership.