

The Lavender Sisters - Ignite

Welcome to Ignite, your 1:1 health and wellness experience. We hope you are excited and ready to tackle the next 12 weeks, as Coaches Ashley and Jocelyn take you on a journey to focusing on YOU.

Course Curriculum

Welcome to Ignite

- Welcome Guide

Welcome Module

- Introduction
- Welcome Module(21:55)
- Homework
- Resources

Module 1

- Introduction
- Mindset Introduction
- Mindset Module(14:06)
- Nutrition Introduction
- Nutrition Module(17:27)
- Fitness Introduction
- Fitness Module(19:00)
- Homework
- Resources

Module 2

- Introduction
- Mindset Introduction
- Mindset Module(9:50)
- Nutrition Introduction
- Nutrition Module(14:17)
- Fitness Introduction
- Fitness Module(4:04)
- Homework

Module 3

- Introduction
- Mindset Introduction
- Mindset Module(8:12)
- Nutrition Introduction
- Nutrition Module(14:54)

- Fitness Introduction
- Fitness Module(12:49)
- Homework
- Resources

Module 4

- Introduction
- Mindset Introduction
- Mindset Module(8:56)
- Nutrition Introduction
- Nutrition Module(14:56)
- Fitness Introduction
- Fitness Module(9:45)
- Homework
- Resources

Module 5

- Introduction
- Mindset Introduction
- Mindset Module(8:34)
- Nutrition Introduction
- Nutrition Module(15:40)
- Fitness Introduction
- Fitness Module(9:05)
- Homework
- Resources

Module 6

- Introduction
- Mindset Introduction
- Mindset Module(4:04)
- Nutrition Introduction
- Nutrition Module(11:07)
- Gut Health Introduction
- Gut Health Module(8:25)
- Fitness Introduction
- Fitness Module(4:03)
- Homework
- Resources

Module 7

- Introduction
- Mindset Introduction
- Mindset Module(10:04)
- Nutrition Introduction

- Nutrition Module(14:52)
- Fitness Introduction
- Fitness Module(4:49)
- Homework
- Resources

Module 8

- Introduction
- Mindset Introduction
- Mindset Module(11:22)
- Nutrition Introduction
- Nutrition Module(14:19)
- Fitness Introduction
- Fitness Module(3:58)
- Homework
- Resources

Module 9

- Introduction
- Mindset Introduction
- Mindset Module(10:16)
- Nutrition Introduction
- Nutrition Module(13:03)
- Fitness Introduction
- Fitness Module(12:39)
- Resources
- Homework

Module 10

- Introduction
- Mindset Introduction
- Mindset Module(4:44)
- Nutrition Introduction
- Nutrition Module(5:49)
- Fitness Introduction
- Fitness Module(4:20)
- Homework
- Resources

Module 11

- Introduction
- Mindset Introduction
- Mindset Module(18:28)
- Nutrition Introduction
- Nutrition Module(11:25)

- Fitness Introduction
- Fitness Module(4:59)
- Homework
- Resources

Module 12

- Introduction
- Mindset Introduction
- Mindset Module(8:13)
- Nutrition Introduction
- Nutrition Module(3:49)
- You Did It!(1:39)
- Homework
- Resources

Proof Content

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 11. Module 9	Rits Vu	3:08 PM Rits Vu	—
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