

PQ® Program Weekly Overview



Week of		POD Meeting	Mon	Tue	Wed	Thu	Fri	Sat	Sun
		Welcome	Download app and complete Welcome Module				Weekly Interactive Module		1 hour
		Week 1 Self-Command and PQ Reps	Daily Focus						3-4 min. each
							Weekly Interactive Module		1 hour
		Week 2 Judge	Daily Focus						3-4 min. each
							Weekly Interactive Module		1 hour
		Week 3 Accomplice Saboteurs	Daily Focus						3-4 min. each
							Weekly Interactive Module		1 hour
		Week 4 Empathize	Daily Focus						3-4 min. each
							Weekly Interactive Module		1 hour
		Week 5 Sage Perspective, Explore, and Innovate	Daily Focus						3-4 min. each
							Weekly Interactive Module		1 hour
		Week 6 Activate	Daily Focus						3-4 min. each
							Weekly Interactive Module		1 hour
		Week 7+ Navigate and Application	Daily Focus						3-4 min. each
				New Application content begins (default theme: Review/Integrate)*				Weekly Interactive Module	

*For those who choose to continue the journey