

ADAM HELLER'S

ZERO PAIN NOW

NO SURGERY, NO DRUGS, & NO PHYSICAL THERAPY

Zero Pain Now Coach Training *Weekly Assignment – Week 1*

Welcome to week 1 of your Zero Pain Now Coach Training!

Your assignment to complete this week is as follows:

1. Watch and take notes on all video content posted in the Week 1 section.
2. Re-read the Zero Pain Now book.
3. Watch the entire Zero Pain Now Session video with Adam and Emily.
4. Begin to find and enroll your 2 Zero Pain Now clients.