

Athlete's 5-Day AutoPilot Orientation

Interactive Video Curriculum



Each assignment takes about 10 minutes to complete and can be done on a computer, laptop, tablet or mobile phone.

Day 1 – Assignment 1

- Section 1: Introduction
- Section 2: Accountability
- Section 3: RechargeReminders
- Section 4: Creating Account
- Section 5: **Assignment Questions**

Day 2 – Assignment 2

- Section 1: Accountability Support System
- Section 2: Goal Profile – Come up with Fields
- Section 3: Log-in and Create GPL Goal Log
- Section 4: Update & Submit Weekly Reports
- Section 5: **Discussion & Assignment Questions**

Day 3 – Assignment 3

- Section 1: Potential Accountability Partners
- Section 2: Accountability Partner Roles
- Section 3: Scheduling AP Appointments
- Section 4: **Assignment & Discussion Questions**

Day 4 – Assignment 4

- Section 1: Interacting with Accountability Partners
- Section 2: New Bonus Point Opportunities
- Section 3: RechargeReminders Recap
- Section 4: **Assignment & Discussion Questions**

Day 5 – Assignment 5

- Section 1: Approving Support System
- Section 2: Viewing Weekly Entries
- Section 3: Submitting Athlete EVALs
- Section 4: Parent/Guardian Involvement
- Section 5: **Discussion & Assignment Questions**