

Name

# OptiHealth Career Track

7 Steps to a Meaningful & Fulfilling Career

Date

**7** **OptiHealth Network Coordinator** **180 hours / \$175**  
OptiHealth Institute of -- City --  
Individual OptiHealth Professional Training

[www.OptiHealthInstitute.com/Part-3.html](http://www.OptiHealthInstitute.com/Part-3.html)

**6** **OptiHealth TLC Facilitator** **30 hours / \$200**  
OptiHealth TLC Action Groups  
Individual TLC Coaching

[www.OptiHealthNetwork.com](http://www.OptiHealthNetwork.com)

**5** **Lifestyle Medicine Technician** **25 hours / \$150**  
OptiHealth Nutrition Assessments  
Personalized, therapeutic Nutrition Rx's

[www.Med-Fit.org](http://www.Med-Fit.org) [www.CrossComps.com](http://www.CrossComps.com)

**4** **Sports Medicine Technician** **20 hours / \$100**  
OptiHealth Fitness (or Med-Fit) Assessments  
Personalized, therapeutic Exercise Rx's

[www.OptiHealthSports.com](http://www.OptiHealthSports.com) [www.MusclesForBilly.com](http://www.MusclesForBilly.com)

**3** **OptiHealth Sports Instructor** **20 hours / \$ 50**  
OptiHealth Sports Center  
Modified Games for Non-Athletes

[www.OptiHealthResearch.com](http://www.OptiHealthResearch.com)

**2** **OptiHealth Lifestyle Researcher** **15 hours / \$ 25**  
OptiHealth Lifestyle Risk Assessment  
OptiHealth TLC (Therapeutic Lifestyle Change) Plan

[www.OptiHealthPledge.com](http://www.OptiHealthPledge.com)

**1** **OptiHealth Community Advocate** **10 hours / \$ 0**  
OptiHealth Workshop: *Achieving Optimal Health*  
OptiHealth Baseline Assessments

[www.OptiHealthInstitute.com](http://www.OptiHealthInstitute.com)

**Workshops:** \_\_\_\_\_  
\_\_\_\_\_

**Assessments:** \_\_\_\_\_  
\_\_\_\_\_

**Sports:** \_\_\_\_\_  
\_\_\_\_\_

**Action Groups:** \_\_\_\_\_  
\_\_\_\_\_

**Colleagues:** \_\_\_\_\_