

THE MORE YOU KNOW



An invitation to more in your P-FIT Program



PFIT Patron Saint Spotlight St. Bernadette

You may be wondering why we have chosen St. Bernadette for the module of the Business of Pietra Fitness because she was not very learned and was a very simple person. She often said the Blessed Virgin chose her because she was the most ignorant. Yet, Bernadette was very courageous and persevered in the very challenging task Our Blessed Mother asked of her. We are called to do the same. People around us may not understand what you are doing. They may point out our weaknesses and shortcomings, but looking to St. Bernadette, we remember that God sometimes chooses the weak to lift the strong and to bring a beautiful message to the world. As you go through and think about the business side of



what you will be doing, you may feel ill-equipped or not business-minded, but go straight to St. Bernadette and ask her to intercede for you for courage and perseverance.

OVERVIEW:

- P-FIT Patron
- Preparing for Certification
- Preparing for Final Exam

This resource is provided for you to enhance your training with additional information, tips, and more as you move through P-FIT.

BE PREPARED:

Have you completed the appropriate practicing teaching? Daily Meditation? Do you have your reflection questions from the Catechism Course turned in? Have you been practicing Pietra Fitness? Logs?

Preparing for Certification

Final preparations for Pietra Fitness Instructor Certification are here! You have worked hard, and have overcome obstacles: mental, emotional, physical, and spiritual! God is good!

At this phase in your instructor journey and development, it is time to think about how you want to share Pietra Fitness and the gifts you have received through training.

A few more things you might consider as you launch:

- Will you have a name for your business? What will you call it? (remember Pietra Fitness cannot be in your business name.)
- Where will you teach your classes? It's time to make initial contact.

- Set a launch date goal!
- You might want to consider setting your business up as an LLC. Talk to your tax professional about the best ways to track your income and expenses.
- Set your fee scale (what you will charge.).

As you make your preparations, use Module 11 in your PFIT Binder to navigate these items and more. A little bit of leg work during these next few weeks will pay off as you prepare for certification and launch! Take it all to



prayer, pray for the people HE puts in front of you, and listen to God as HE leads you to where and who you will teach!

Remember, we are here for you and you will soon be entering a community of amazing people. The instructor team is always ready to answer questions and give ideas. We meet monthly on Zoom and we have a group chat that you will be invited to once you are certified.

You've got this!



Preparing for your Final Exam

The Final Exam will take place during our final Zoom Classroom. After our spiritual conversation, a Q&A session, and Module 12 discussion, we will release the Final Exam to each participant as a Google Form. This will be familiar to you since you will have already taken quizzes in this manner.

Studying the Review Questions a little bit at a time is a good way to study. Remember, if any items are unclear, you can contact us at pfit@pietrafitness.com.

We are praying for you!