



FIT BRAINS LEARN BETTER

Missed Listening Schedules

Over the span of your listening schedule, it is nearly inevitable that you or your listener will miss a listening session(s) or skip a session. For best results, you should make a concerted effort not to do this; however, in the event you do, follow these guidelines or consult with me.

Miss one schedule in a week

Make no changes to your schedule. Complete the next module as if it were not skipped.

Miss two or more modules in a week

Do make up listening. Listen to the last module you completed again, and then the modules you skipped. Once you have done this, proceed with the listening schedule.

Miss one to three weeks

Do make up listening. Repeat the last week completed, then the week(s) following. Then proceed with the listening schedule from there.

Miss four weeks or more

Start over for consistency. It is generally best to start from the beginning of the listening schedule if this much time has elapsed.

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