

MCDUGALL 10 DAY PROGRAM

DETAILED DAILY SCHEDULE

FRIDAY

2:00 PM to 4:00 PM in Hotel Lobby

Register

Pay Balance for Program

Room Check-in

5:00 PM to 6:30 PM: Group Orientation & Getting Started with Mary McDougall –
Garden Room

6:30 PM: Dinner – Alexander Room

7:30 to 8:00 PM: Dr. John McDougall's Greeting – Garden Room

Do Not Eat After 8:00 PM (Water is OK) for lab test tomorrow. Blood & Urine.

SATURDAY

6:00 AM to 6:45 AM: Blood Drawing – Garden Room

Blood and urine taken.

Check in with Mary – Room 101 – BP & Weigh In

7:30 AM to 8:30 AM: Breakfast – Alexander Room

8:30 AM to 10:00 AM: Dr. McDougall's Lecture – Garden Room

10:15 AM to 10:30 AM: Snack – Garden Room

10:30 AM to 11:30 AM: Intro to Exercise – Garden Room (no exercising, just lecture)

12:00 PM to 1:00 PM: Exercise – Garden Room

1:00 PM to 1:45 PM: Lunch – Alexander Room

10:30 PM to 6:00 PM:

See your personal schedule for meeting times:

Histories and Physicals with Dr. McDougall in Room 101

Personal Training at Montecito Heights Health Club

6:30 PM: Dinner – Alexander Room

SUNDAY:

6:30 AM to 7:15 AM: Check in with Mary – Room 101

7:30 AM to 8:30 AM: Breakfast – Alexander Room

8:30 AM to 10:00 AM: Dr. McDougall Lecture – Garden Room

10:15 AM to 10:30 AM: Snack – Garden Room

10:30 AM to 11:30 AM: Free Time

11:45 AM: **Outing and Countryside Orientation –**

Meet in hotel front lobby at 11:45 AM

Dress casual with walking shoes (bring warm jacket and camera).

Lunch Out at Chinese Restaurant

Trip to Redwood Forest and Pacific Coast (Ocean)

Woodworking Studio

6:30 PM: Dinner – Alexander Room

7:30 PM: Jeff Novick – Weighing in on the Weight Debate – Garden Room

MONDAY:

6:30 AM to 7:15 AM: Check in with Mary – Room 101
7:00 AM to 7:30 AM: Morning Walk
7:30 AM to 8:30 AM: Breakfast – Alexander Room
8:30 AM to 10:00 AM: Dr. McDougall Lecture – Garden Room
10:15 AM to 11:45 AM: Cooking Class – Garden Room
12:00 PM to 1:00 PM: Exercise – Courtyard 1 Room or Poolside
1:00 PM to 1:45 PM: Lunch – Alexander Room
1:45 PM to 3:00 PM: Psychological Lecture with Dr. Doug Lisle – Garden Room
3:30 PM to 4:30 PM: Yoga – Courtyard 1 Room
5:00 PM to 6:30 PM: Jeff Novick – The Essential Facts on Fats
– Garden Room
6:30 PM: Dinner – Alexander Room

TUESDAY:

6:30 AM to 7:15 AM: Check in with Mary – Room 101
7:00 AM to 7:30 AM: Morning Walk
7:30 AM to 8:30 AM: Breakfast – Alexander Room
8:30 AM to 10:00 AM: Dr. McDougall's Lecture – Garden Room
10:15 AM to 11:45 AM: Cooking Class – Garden Room
12:00 PM to 1:00 PM: Exercise – Courtyard 1 Room or Poolside
1:00 PM to 1:45 PM: Lunch – Alexander Room
1:45 PM to 6:30 PM: **See your personal schedule for meeting times:**
Follow-up visits with Dr. McDougall in Room 101
Group Visit to Safeway and Cookware stores
Small Groups with Jeff Novick
6:30 PM: Dinner – Alexander Room
7:30 PM: Dr. McDougall – Understanding Medical Research – Garden Room

WEDNESDAY:

6:30 AM to 7:15 AM: Check in with Mary – Room 101
7:00 AM to 7:30 AM: Morning Walk
7:30 AM to 8:30 AM: Breakfast – Alexander Room
8:30 AM to 10:00 AM: Dr. McDougall's Lecture – Garden Room
10:15 AM to 11:45 AM: Cooking Class – Garden Room
12:00 PM to 1:00 PM: Exercise – Courtyard 1 Room or Poolside
1:00 PM to 1:45 PM: Lunch – Alexander Room
1:45 PM to 3:00 PM: Psychological Lecture with Dr. Doug Lisle – Garden Room
3:30 PM to 4:30 PM: Yoga – Courtyard 1 Room
5:00 PM to 6:30 PM: Mary – Meal Planning – Garden Room
6:30 PM: Dinner – Alexander Room
7:30 PM to 8:30 PM: Dr. Alec Isabeau – The Importance of Exercise – Garden Room

THURSDAY:

6:30 AM to 7:15 AM: Check in with Mary – Room 101
7:00 AM to 7:30 AM: Morning Walk
7:30 AM to 8:30 AM: Breakfast – Alexander Room
8:30 AM to 10:00 AM: Dr. McDougall's Lecture – Garden Room
10:15 AM to 11:45 AM: Cooking Class – Garden Room
12:30 PM: **OUTING** –

Meet in hotel front lobby. *Dress casual and wear walking shoes.*

Lunch out at Thai Restaurant
Tour of Local Gardens
Trip to Whole Foods Market
6:30 PM: Dinner – Alexander Room
7:30 PM: Jeff Novick – Should I Eat That? How to Choose the Healthiest
Foods – Garden Room

FRIDAY:

6:30 AM to 7:15 AM: Check in with Mary – Room 101
7:00 AM to 7:30 AM: Morning Walk
7:30 AM to 8:30 AM: Breakfast – Alexander Room
8:30 AM to 10:00 AM: Dr. McDougall's Lecture – Garden Room
10:15 AM to 11:45 AM: Cooking Class – Garden Room
12:00 PM to 1:00 PM: Exercise – Courtyard 1 Room or Poolside
1:00 PM to 1:45 PM: Lunch – Alexander Room
1:45 PM to 3:00 PM: Jeff Novick – Calorie Density: How To Eat More,
Weigh Less, Live Longer – Garden Room
3:30 PM to 4:30 PM: Yoga– Courtyard 1 Room
5:00 PM to 6:30 PM: Psychological Lecture with Dr. Doug Lisle – Garden Room
6:30 PM: Dinner – Alexander Room

Do Not Eat After 8:00 PM (Water is OK) for blood test tomorrow

SATURDAY:

6:00 AM to 6:45 AM: Blood Drawing – Garden Room
Blood Only (No Urine)
Check in with Mary – Blood Pressure and Final Weigh-In – Room 101
7:30 AM to 8:30 AM: Breakfast – Alexander Room
8:30 AM to 10:00 AM: Dr. McDougall's Lecture – Garden Room
10:15 AM to 11:45 AM: Mary – Eating Out Lecture – Garden Room
12:00 PM to 1:00 PM: Exercise – Garden Room
1:00 PM to 1:45 PM: Lunch – Alexander Room
10:15 AM to 5:15 PM

See your personal schedule for meeting times:

Follow up visits with Dr. McDougall in Room 101
Small Groups with Mary – Preparing for the Weeks Ahead – Garden Room
Small Groups with Doug Lisle – Garden Room

5:30 PM: Graduation in the Garden Room
6:30 PM: Dinner – Alexander Room

SUNDAY:

7:30 AM to 8:30 AM: Breakfast – Alexander Room
Picture Presentation of our week together
8:30 AM: Program Ends.
11:30 AM: Hotel Check out. Settle any extra charges you may have had with the hotel front desk.

EXTRA INFORMATION:

EXERCISE CLASSES: If you find that the noon hour exercise classes are not advanced enough for you, the Montecito Heights Health Club offers a variety of classes that you are welcome to participate in free of charge. If you have any questions or concerns, please don't hesitate to talk to Tiffany and we will do our best to meet your needs.

Worship Service visits can be arranged for Saturday or Sunday morning. A taxi can be arranged for this visit at the front desk, at your own expense.

EMERGENCIES: Call 911 or the front desk. We will usually be using Santa Rosa Memorial Hospital for emergencies. They have an emergency room and complete hospital services. Several local doctors are familiar with the McDougall Program and prior arrangements have been made with these doctors to care for any extra needs of our participants. Santa Rosa Memorial Hospital's phone number is 546-3210.

TIPPING: You may tip for your room services (suggested \$5/day). For all other services of our staff, drivers, waiters, and guides, tipping is discouraged, and when appropriate, has already been taken care of by us.