



## **Sample Schedule One:**

**7:30 AM to 8:30 AM:** Blood Pressure Check-in & Weigh-In

**7:30 AM to 9:00 AM:** Breakfast

**9:00 AM to 10:30 AM:** Dr. Doug Lisle, PhD - Getting Along Without Going Along

**10:45 AM to 3:00 PM:** Follow-up doctor visits.

**10:45 AM to 11:45 AM:** Practical Application of Calorie Density  
- Jeff Novick, MS, RDN, LDN

**11:45 AM to 12:15 PM:** Cooking Demo - Jeff Novick, MS, RDN, LDN

**12:30 PM to 1:30 PM:** Exercise - Afternoon Walk or Tai Chi

**1:30 PM to 2:30 PM:** Lunch

**2:45 PM to 4:15 PM:** Dr. Doug Lisle, PhD - The Willpower Paradox

**4:15 PM to 4:45 PM:** Break

**5:00 PM to 6:30 PM:** Jeff Novick, MS, RDN, LDN & Anthony Lim, MD, JD - Nutrition Q & A

**6:30 PM to 7:30 PM:** Dinner



## **Sample Schedule Two:**

**7:30 AM to 8:00 AM: Blood Drawing. Please arrive on time.**

**7:30 AM to 8:30 AM: Check-in - Blood Pressure & Weigh-In**

**7:30 AM to 8:45 AM: Breakfast**

**8:45 AM to 10:15 AM: Jeff Novick and Heather McDougall -  
Dining Out, When You Must**

**10:15 AM: GROUP PHOTO**

**10:45 AM to 3:00 PM: Check the posted schedule. Follow-up  
doctor visits.**

**10:45 AM to 12:15 PM: Cooking Class - Katie Mae, MS**

**12:30 PM to 1:30 PM: Exercise - Afternoon Walk or Yoga**

**1:30 PM to 2:30 PM: Lunch**

**2:45 PM to 4:15 PM: Dr. Doug Lisle, PhD - The Slow Fast Way**

**4:15 PM to 4:45 PM: Break**

**5:00 PM to 6:30 PM: Jeff Novick, MS, RDN, LDN & Doug Lisle,  
PhD - Q & A**

**6:30 PM to 7:30 PM: Dinner**