

# APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	<b>7 Nutrition Class #1</b> 12:45-1:45 pm or 5:45-6:45 pm *How to get started *What is the Primal Blueprint? *Keeping a journal *Meal planning *Goal setting	<b>8 Q&amp;A CONFERENCE CALL TUESDAYS</b> 12:30-1:00 pm	9	<b>10 Fitness Class #1</b> 12:45-1:45 pm or 5:30-6:30 pm <b>Learn to Move</b> <i>How to perform the fundamental movements properly</i>	11	12
13	<b>14 Nutrition Class #2</b> 12:45-1:45 pm or 5:45-6:45 pm * Optimal digestion *Dietary means to improve your digestion *Hormonal imbalances *Do I need supplementation? *What about weight loss & calorie counting?	<b>15 Q&amp;A CONFERENCE CALL TUESDAYS</b> 12:30-1:00 pm	16	<b>17 Fitness Class #2</b> 12:45-1:45 pm or 5:30-6:30 pm <b>Proper Progression</b> <i>How and when to safely progress an exercise</i>	18	19
20	<b>21 Nutrition Class #3</b> 12:45-1:45 pm or 5:45-6:45 pm *How to survive in the “real” world: restaurants, travel & holidays/party *Talking to your Doctor *Fats, the cholesterol myth, a functional medicine cholesterol perspective vs western medicine	<b>22 Q&amp;A CONFERENCE CALL TUESDAYS</b> 12:30-1:00 pm	23	<b>24 Fitness Class #3</b> 12:45-1:45 pm or 5:30-6:30 pm <b>Capable of so much more</b> <i>Incorporating new and fun movements into your routine</i>	25	26

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	<p>28 <b>Nutrition Class #4</b>            12:45-1:45 pm            or            5:45-6:45 pm            *Understanding blood sugar control &amp; sugar in our diet            *Dealing with cravings</p>	<p>29 <b>Q&amp;A CONFERENCE CALL TUESDAYS</b>            12:30-1:00 pm</p>	30	<p>1 <b>Fitness Class #4</b>            12:45-1:45 pm            or            5:30-6:30 pm  <b>Benefits of Self Myofascial Release</b>  <i>What is a foam roller?            How do I use it?            Why do I need it?</i></p>	2	3
4	<p>5 <b>Nutrition Class #5</b>            12:45-1:45 pm            or            5:45-6:45 pm            *How to properly prepare healthy meals            *How to make healing foods</p>	<p>6 <b>Q&amp;A CONFERENCE CALL TUESDAYS</b>            12:30-1:00 pm</p>	7	<p>8 <b>Fitness Class #5</b>            12:45-1:45 pm            or            5:30-6:30 pm  <b>Interval and Sprint Training</b>  <i>The benefits of short bouts of fast paced movements</i></p>	9	10
11	<p>12 <b>Final Nutrition Class</b>            12:45-1:45 pm            or            5:45-6:45 pm            *Can I continue eating this way?            *What is my next step?            *Have I achieved my goals?</p>	<p>13 <b>Q&amp;A CONFERENCE CALL TUESDAYS</b>            12:30-1:00 pm</p>	14	<p>15 <b>Final Fitness Class</b>            12:45-1:45 pm            or            5:30-6:30 pm  <b>Play Day!</b>  <i>Fitness can be fun!</i></p>	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31