

APRIL

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

MAY

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