

LOSE WELL 4 | Weight Loss Program Weekly Schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Initial Health Screening*	Morning Starter	Morning Starter	Morning Starter	Weekly Weigh In* Morning Starter	Individual Workouts Provided by Fitness Coach	
7:30 AM	Breakfast	Small Group Training	Small Group Training	Small Group Training	Small Group Training		
8:00 AM	Shoe Seminar						
8:30 AM							
9:00 AM	Orientation & Introduction – Lecture Hall	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:30 AM	Lecture series	Lecture series	Lecture series	Lecture series	Lecture series		
10:00 AM							
10:30 AM	FitBite™	Private Recovery Services (3/week - 1 each of Heat Therapy/PNF Stretch, Myofascial Rolling/Cold Therapy, and Stretch & Reform)*			Individual Fitness Coaching Session*		Recipe Makeover
11:00 AM	True Dining: The H3 Way						
11:30 AM							
12:00 PM							
12:30 PM	Lunch/Thermal Walk™	Mindful Eating Lunch in Healthy Kitchen	Lunch/Thermal Walk™	Lunch/Thermal Walk™	Lunch/Thermal Walk™	Lunch/Thermal Walk™	Lunch/Thermal Walk™
1:00 PM							
1:30 PM	LoseWell4 Comprehensive Fitness Assessment	Group Counseling (2/week) • Individual Counseling (2 sessions)					
2:00 PM							
2:30 PM	Shoe Fitting	Small Group Training	Small Group Training	Small Group Training	Small Group Training		
3:00 PM							
3:30 PM	FitBite™	Yoga in the Pool	FitBite™	FitBite™	Yoga in the Pool		
4:00 PM	Health Consultation*						
4:30 PM						Healthy Kitchen Cooking Demonstration Series	
5:00 PM	Shoe Fitting						

Finishing the Journey: Departure Health Screening; Departure Fitness Assessment; Fitness Coach Progress Review Metabolic Assessment
 • Individual Sessions to be scheduled, times vary
 • See supplemental schedule for additional activities
 • Individual Fitness, Behavioral, Nutritional, and Spa services are also available