

LOSEWELL

Weight Loss Program
Weekly Schedule



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Health Screening* FMS Screening*	FitBite™	FitBite™	FitBite™	Weekly Weigh In* FitBite™	Individual Workout Provided by Fitness Coach	Individual Workout Provided by Fitness Coach
7:30 AM	Breakfast <i>Thermal Walk™</i>	LoseWell: Small Group Training	LoseWell: Small Group Training	LoseWell: Small Group Training	LoseWell: Small Group Training		
8:00 AM							
8:30 AM							
9:00 AM	Orientation & Introduction	Breakfast <i>Thermal Walk™</i>	Breakfast <i>Thermal Walk™</i>	Breakfast <i>Thermal Walk™</i>	Breakfast <i>Thermal Walk™</i>	Breakfast <i>Thermal Walk™</i>	Breakfast <i>Thermal Walk™</i>
9:30 AM							
10:00 AM	LoseWell: Lecture Series	LoseWell: Lecture Series	LoseWell: Lecture Series	LoseWell: Lecture Series	LoseWell: Lecture Series		
10:30 AM							
11:00 AM	Shoe Seminar	FitBite™	FitBite™	FitBite™	Individual Fitness Coaching Sessions*		
11:30 AM		Stretch & Reform*	Myofascial Rolling/ Cold Therapy*	Pool Yoga Recovery	PNF Stretch/ Heat Therapy*		
12:00 PM							
12:30 PM	LUNCH <i>Thermal Walk™</i>	LUNCH <i>Thermal Walk™</i>	LUNCH <i>Thermal Walk™</i>	LUNCH <i>Thermal Walk™</i>	LUNCH <i>Thermal Walk™</i>	LUNCH <i>Thermal Walk™</i>	LUNCH <i>Thermal Walk™</i>
1:00 PM							
1:30 PM	LoseWell: Comprehensive Fitness Assessment*		Group Counseling	Wellness Counseling*		Recreation Activity (H3\$) <i>varies weekly</i>	
2:00 PM							
2:30 PM	LoseWell: Small Group Training	LoseWell: Small Group Training	LoseWell: Small Group Training	LoseWell: Small Group Training	LoseWell: Small Group Training		Recreation Activity (H3\$) <i>varies weekly</i>
3:00 PM							
3:30 PM	FitBite™	Gentle Yoga	FitBite™	FitBite™	Yoga in the Pool		
4:00 PM	Health Consultation*						
4:30 PM							
5:00 PM	Mix & Mingle the H3 Way	LoseWell: Cooking Demo					
5:30 PM							
6:00 PM	Dinner <i>Thermal Walk™</i>	Dinner <i>Thermal Walk™</i>	Dinner <i>Thermal Walk™</i>	Dinner <i>Thermal Walk™</i>	Chef's Table (H3\$)	Dinner <i>Thermal Walk™</i>	Dinner <i>Thermal Walk™</i>
6:30 PM							

* Individual Sessions to be scheduled, times vary

** Finishing the Journey: Departure Health Screening; Departure Fitness Assessment; Fitness Coach Progress Review*;

See supplemental schedule for additional activities

Individual Fitness, Behavioral, Nutritional, and Spa services are also available