

Jumpstart My Healthy Potential

Group Training and Coaching Program

LIVE COACHING and WELLNESS TRAINING

- Scheduled video group sessions, with at least 10 training and coaching meetings online, live plus recorded replays.
- Includes YOUR OWN Biometric Equipment, Laboratory Testing, and our Coaching App.
- Unlimited access to our learning academy with training videos on disease prevention, diet and nutrition, fitness and exercise.

May 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat	SESSIONS:
1	2	3	4	5	6	7	May 14 1:00pm (1) Overview Agenda/Calendar
							2:00pm (2) Obtain Your Laboratory Tests
8	9	10	11	12	13	14	3:00pm (3) Obtain Your Bodily Measures
							May 15 1:00pm (4) Risk Factors for ASCVD
15	16	17	18	19	20	21	2:00pm (5) Diets/Weight Loss Programs
							May 21 1:00pm (6) Using Risk Calculators
22	23	24	25	26	27	28	
29	30	31					May 30 Memorial Day

June 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat	SESSIONS:
			1	2	3	4	Jun 4 1:00pm (7) Lipids/Metabolic Syndrome
5	6	7	8	9	10	11	Jun 11 1:00pm (8) Choosing Your Exercise
12	13	14	15	16	17	18	Jun 18 1:00pm (9) Tracking Progress Over Time
							Obtain Your Follow-Up Labs
19	20	21	22	23	24	25	Jun 25 1:00pm (10) Review Progress, Maintaining
26	27	28	29	30			Prevention (Final Wrap-Up)