



July 2019 Important Dates



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 	5	6
7	8 Initial Weigh-Ins	9 Initial Weigh-Ins	10	11	12 Orientation 7-8:30 pm	13
14 Week 1	15 Foundations Class 7:00-8:30 pm	16 MEET UP Q&A + Meal Prep 7-8:30 pm	17 Foundations Class 6:00-7:30 pm	18	19 Foundations Class 1:00-2:30 pm	20
21 Week 2	22	23 MEET UP Environment 7-8:30 pm	24	25	26	27



28 Week 3	29	30 MEET UP Self-Talk 7-8:30 pm	31			
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August 2019 Important Dates

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Week 4	5	6 MEET UP Emotional Eating 7-8:30 pm	7	8	9	10

11 Week 5	12	13 MEET UP Portions/Grams 7-8:30 pm	14	15 Final Weigh Outs	16 Final Weigh Outs	17
18	19	20 Final Seminar 7-8:30 pm	21	22	23	24
25	26	27	28	29	30	31