

# Journey to Wellness

**IO: IN-OFFICE**  
**VM: VIRTUAL MEETING**

	Month 1	Month 2	Month 3
wk 1	<p><u>Aug 16th, 12 pm - 1:30 pm</u>  <b>Week 1: In-Office (IO) 90 minute kick-off meeting.</b> Cooking demo with lunch provided! FOK trailer.  <b>Homework:</b> Watch Forks Over Knives &amp; Diet ID Link</p>	<p><u>Sept 14th, 10 am - 11 am</u>  <b>Week 5: (VM) Check in.</b> Budget groceries &amp; breakfast demo <b>Homework:</b> Watch Game Changers &amp; Practice Budget Shopping</p>	<p><u>Oct 12, 10 am - 11 am</u>  <b>Week 9: (VM) Check in.</b> Pillars of Health. <b>Homework:</b> Select one or more pillars of health to explore content Retake Diet ID.</p>
wk 2	<p><u>Aug 24th, 10 am - 11 am</u>  <b>Week 2: Virtual Meeting (VM) Check in.</b> Intro to Plantstrong app.  <b>Homework:</b> Plantstrong Module &amp; Get blood work tested.</p>	<p><u>Sept 21st, 10 am - 11 am</u>  <b>Week 6: (VM) Check in.</b> Meal planning 101 &amp; lunch demo  <b>Homework:</b> Watch What the Health</p>	<p><u>Oct 18th, 10 am - 12 pm</u>  <b>Week 10: (IO) Check in.</b> Share personal wellness progress.</p>
wk 3	<p><u>Aug 30th, 10 am - 11 am</u>  <b>Week 3: (VM) Check in.</b> Intro to FOK Meal Planner. Discuss provided recipes. <b>Homework:</b> Next Plantstrong Module. Cook a meal in line w/ goal.</p>	<p><u>Sept 27th, 10 am - 11 am</u>  <b>Week 7: (VM) Check in.</b> 1 meal 3-ways &amp; dinner demo  <b>Homework:</b> Make a PB Family dinner</p>	
wk 4	<p><u>Sept 7th, 12 pm - 1 pm</u>  <b>Week 4: (IO) Check in. Try a freezer meal.</b> <b>Homework:</b> Feed your fam a healthy meal. Next Planstrong Mod if avail.</p>	<p><u>Oct 4th, 12 pm - 1 pm</u>  <b>Week 8: IO Check in. Potluck Social. Invite friends!</b> <b>Homework:</b> Schedule blood work</p>	