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| **OPEN BioFit Private FB Group** | | | Blood Chemistry Assessments (+ what your clients need *you* to know and DO instead) LIVE ON ZOOM 11:30-1:00 pm pt 1:30-3:00 pm ct 2:30-4:00 pm et | [CLOSE APPLICATIONS FOR BBB] *last day to enroll in BioFit | | |
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OCTOBER 2023: ONBOARDING + SET-UP 4 SUCCESS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 LAST DAY FOR BIOFT APPLICATIONS LIVE BIOFIT Q+A SESSION LIVE ON ZOOM 11-12:30 am pt 1-2:30 pm ct 2-3:30 pm et | 7 CELEBRATE and get ready to onboard BioFit BIOFIT ONBOARDING CONTENT OPENED TO FALL 2023 BIOFIT COHORT |
| 8 | 9 LIVE CASE STUDY WORKSHOP IN NLHPP FB GROUP 7 am pt 9 am ct 10 am et | 10 LIVE CASE STUDY WORKSHOP IN NLHPP FB GROUP 7 am pt 9 am ct 10 am et 1st LIVE BIOFIT CALL: WELCOME, QUICKSTART KICKOFF CALL 2-3 pm pt 4-5 pm ct 5-6 pm et | 11 LIVE CASE STUDY WORKSHOP IN NLHPP FB GROUP 7 am pt 9 am ct 10 am et | 12 SUBMIT QUESTIONS FOR FRIDAY LIVE FB GROUP AMA CALL | 13 FB GROUP AMA CALL 11-11:30 am pt 1-1:30 pm ct 2-2:30 pm et * | 14 |
| 15 SUBMIT QUESTIONS FOR TUESDAY LIVE Q+A CALL | 16 | 17 Q+A SUPPORT OCTOBER ONBOARDING LIVE CALL 2-3 pm pt 4-5 pm ct 5-6 pm et | 18 | 19 SUBMIT QUESTIONS FOR FRIDAY LIVE FB GROUP AMA CALL | 20 FB GROUP AMA CALL 11-11:30 am pt 1-1:30 pm ct 2-2:30 pm et | 21 |
| 29 SUBMIT QUESTIONS FOR TUESDAY LIVE Q+A CALL SHINE 2023 VIP BONUS LIVE SESSIONS | 23 | 24 Q+A SUPPORT OCTOBER ONBOARDING LIVE CALL 2-3 pm pt 4-5 pm ct 5-6 pm et | 25 | 26 SUBMIT QUESTIONS FOR FRIDAY LIVE FB GROUP AMA CALL | 27 FB GROUP AMA CALL 11-11:30 am pt 1-1:30 pm ct 2-2:30 pm et | 28 |

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| + COACHING | | | | | SHINE 2023 | SHINE 2023 |
| 29 SHINE 2023 | 30 <i>*Implementation week</i> MEET WITH YOUR POWER PODS | 31 | 1 | 2 | 3 MONTH #1: [FBC] WEEK #1 CONTENT OPENED | 4 |

NOVEMBER 2023: MONTH #1

[FBC] FUNCTIONAL BLOOD CHEMISTRY MASTERY

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|--|--|----------|
| 29 | 30 <i>*Implementation week</i> MEET WITH POWER PODS | 31 | 1 | 2 | 3 MONTH #1: [FBC] WEEK #1 CONTENT OPENED | 4 |
| 5 SUBMIT QUESTIONS FOR TUESDAY LIVE Q+A CALL | 6 | 7 LIVE COACHING CALL: [FBC] 2-3 pm pt 4-5 pm ct 5-6 pm et | 8 | 9 SUBMIT QUESTIONS FOR FRIDAY LIVE FB GROUP AMA CALL | 10 FB GROUP AMA CALL 11-11:30 am pt 1-1:30 pm ct 2-2:30 pm et MONTH #1: [FBC] WEEK #2 CONTENT OPENED | 11 |
| 12 SUBMIT QUESTIONS FOR TUESDAY LIVE Q+A CALL | 13 | 14 LIVE COACHING CALL:[FBC] 2-3 pm pt 4-5 pm ct 5-6 pm et | 15 | 16 SUBMIT QUESTIONS FOR FRIDAY LIVE FB GROUP AMA CALL | 17 FB GROUP AMA CALL 11-11:30 am pt 1-1:30 pm ct 2-2:30 pm et MONTH #1: [FBC] WEEK #3 CONTENT OPENED | 18 |
| 19 SUBMIT QUESTIONS FOR TUESDAY LIVE Q+A CALL | 20 | 21 LIVE COACHING CALL:[FBC] 2-3 pm pt 4-5 pm ct 5-6 pm et SUBMIT QUESTIONS FOR FRIDAY LIVE FB GROUP AMA CALL | 22 FB AMA Call TIME: TBD | 23 OFF THANKSGIVING | 24 OFF THANKSGIVING | 25 |
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |

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| | <i>*Implementation week</i> <i>MEET WITH YOUR POWER PODS</i> | | | | | 4 PERSONAL CASE STUDY [FBC] WRITE UPS TO BE SUBMITTED |
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****Dr. Alan Hopkins will be doing a BONUS WORKSHOP DATE is TBD****

DECEMBER 2023: GENES

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|---|--|
| 26 | 27 <i>*Implementation week</i> MEET WITH YOUR POWER PODS | 28 | 29 | 30 | 1 MONTH #2: [GENES] WEEK #1 CONTENT OPENED | 2 4 PERSONAL CASE STUDY [FBC] WRITE UPS TO BE SUBMITTED |
| 3 SUBMIT QUESTIONS FOR TUESDAY LIVE Q+A CALL | 4 | 5 LIVE COACHING CALL: [GENES] 2-3 pm pt 4-5 pm ct 5-6 pm et | 6 BONUS GRAND ROUNDS CASE FOR CASE STUDY WORKSHOP <u>DELIVERED</u> | 7 SUBMIT QUESTIONS FOR FRIDAY LIVE FB GROUP AMA CALL | 8 FB GROUP AMA CALL 11-11:30 am pt 1-1:30 pm ct 2-2:30 pm et MONTH #2: [GENES] WEEK #2 CONTENT OPENED | 9 *BONUS Q+A CASE STUDY REVIEW CALL FOR SUBMITTED PERSONAL CASE STUDY WRITE UPS TIME: TBD |
| 10 SUBMIT QUESTIONS FOR TUESDAY LIVE Q+A CALL | 11 | 12 LIVE COACHING CALL: [GENES] 2-3 pm pt 4-5 pm ct 5-6 pm et | 13 | 14 SUBMIT QUESTIONS FOR FRIDAY LIVE FB GROUP AMA CALL | 15 FB GROUP AMA CALL 11-11:30 am pt 1-1:30 pm ct 2-2:30 pm et MONTH #2: [GENES] WEEK #3 CONTENT OPENED GRAND ROUNDS CASE STUDY WRITE UP DUE BY 12 pm pst **MUST BE DONE TO BE ABLE TO ATTEND GRAND ROUNDS WORKSHOP | 16 BONUS: GRAND ROUNDS CASE STUDY WORKSHOP 8-12 pm pt 10-2 pm ct 11-3 pm et |
| 17 SUBMIT QUESTIONS FOR TUESDAY LIVE Q+A CALL | 18 | 19 LIVE COACHING CALL: [GENES] 2-3 pm pt 4-5 pm ct 5-6 pm et | 20 FB AMA Call TIME: TBD | 21 *OFF FOR THE HOLIDAYS  ENJOY!!! | 22 | 23 |

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| | | SUBMIT QUESTIONS FOR WEDNESDAY LIVE FB GROUP AMA CALL | | | | |
| 24 | 25 <i>*Implementation week</i> MEET WITH YOUR POWER PODS | 26 | 27 | 28 | 29 | 30 |
| 31 | 1 <i>*Implementation week</i> MEET WITH YOUR POWER PODS | 2 | 3 | 4 | 5 | 6 |

****Dr. Christy Sutton will be doing a BONUS WORKSHOP DATE is TBD****

JANUARY 2024: BIZ BUILDING

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|--|-----------------------|
| | 1 <i>*Implementation week</i> MEET WITH POWER PODS | 2 | 3 | 4 | 5 MONTH #3: [BIZ] WEEK #1 CONTENT OPENED | 6 |
| 7 SUBMIT QUESTIONS FOR TUESDAY LIVE Q+A CALL | 8 | 9 LIVE COACHING CALL: [BIZ] 2-3 pm pt 4-5 pm ct 5-6 pm et | 10 | 11 SUBMIT QUESTIONS FOR FRIDAY LIVE FB GROUP AMA CALL | 12 FB GROUP AMA CALL 11-11:30 am pt 1-1:30 pm ct 2-2:30 pm et MONTH #3: [BIZ] WEEK #1 CONTENT OPENED | 13 |
| 14 SUBMIT QUESTIONS FOR TUESDAY LIVE Q+A CALL | 15 | 16 LIVE COACHING CALL: [BIZ] 2-3 pm pt 4-5 pm ct 5-6 pm et | 17 4 PERSONAL CASE STUDY [FBC] WRITE UPS TO BE SUBMITTED | 18 SUBMIT QUESTIONS FOR FRIDAY LIVE FB GROUP AMA CALL | 19 FB GROUP AMA CALL 11-11:30 am pt 1-1:30 pm ct 2-2:30 pm et MONTH #3: [BIZ] WEEK #1 CONTENT OPENED | 20 B |
| 21 SUBMIT QUESTIONS FOR TUESDAY LIVE Q+A CALL | 22 | 23 LIVE COACHING CALL: [BIZ] 2-3 pm pt 4-5 pm ct 5-6 pm et | 24 **BONUS Q+A CASE STUDY REVIEW CALL FOR SUBMITTED PERSONAL CASE STUDY WRITE UPS TIME: TBD | 25 SUBMIT QUESTIONS FOR FRIDAY LIVE FB GROUP AMA CALL | 26 LAST FB GROUP AMA CALL 11-11:30 am pt 1-1:30 pm ct 2-2:30 pm et | 27 |
| 28 | 29 | 9 WRAP UP + NEXT STEPS FOR SUCCESS LIVE COACHING | | | 12 SEND BIOFIT SURVEYS FOR FEEDBACK FOR PROGRAM IMPROVEMENT, | |

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| | | CALL 2-3 pm pt 4-5 pm ct 5-6 pm et | | | GATHER TESTIMONIALS, VIDEO/WRITE N | |
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****Jeremy Malecha + Surprise Guest will be doing a BONUS WORKSHOPS DATES are TBD****