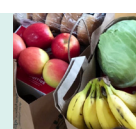


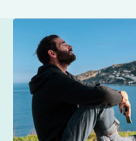
## Better Men's Health™

# CALENDAR

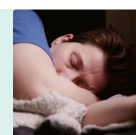
WEEK 1	DAY	CONTENT	DON'T FORGET!
	1	Welcome Video	<ul style="list-style-type: none"> <li>• Check your app every day to see what's new!</li> <li>• Check messages in app for link from coach to set up Meet &amp; Greet and schedule both coaching sessions</li> </ul>
	2	Men's Nutrition Tune Up VIDEO	<ul style="list-style-type: none"> <li>• Keep sugar to 6 tsp (24 grams) of added sugar per day this week!</li> </ul>
	3	Supplements VIDEO Something fun & <b>time to grab your better bonuses</b>	
	4	Stress check-in VIDEO & test	<ul style="list-style-type: none"> <li>• Do stress check-in 3x/day this week. If 7 or greater, STOP take an action</li> </ul>
	5	Breathing Techniques VIDEO	<ul style="list-style-type: none"> <li>• Try a breathing technique if you find yourself stressed today</li> </ul>
	6	INFObesity VIDEO	<ul style="list-style-type: none"> <li>• Limit nutrition information intake to this program only- no Google!</li> </ul>
	7	Men's Nutrition Evaluation	<ul style="list-style-type: none"> <li>• Tomorrow is official 'Start' date!</li> </ul>



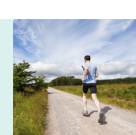
WEEK 2	DAY	CONTENT	DON'T FORGET!
Coaching session #1 this week	8	Water VIDEO Coaching Intake form	<ul style="list-style-type: none"> <li>• Calculate and meet water needs (amount and frequency) most days this week</li> <li>• Check-in on stress levels a few times each day and test out actions to see how you respond</li> <li>• Fill out Coaching questionnaire on app</li> </ul>
	9	Stress VIDEO Journaling for Stress	
	10	Stress Tracker Meditation for Stress	
	11	Stress Tracker Magnesium for Stress	
	12	Stress Tracker Assess your connections	
	13	Stress tracker Prevent stress with physical activity	<ul style="list-style-type: none"> <li>• Try an exercise snack!</li> </ul>
	14	Week 2 Reflection	<ul style="list-style-type: none"> <li>• Remember to continue stress management practices as you move on in the program</li> </ul>



WEEK 3	DAY	CONTENT	DON'T FORGET!
	15	What is nutrient balance VIDEO	<ul style="list-style-type: none"> <li>• Focus on better nutrient balance this week- Carb, Protein and Fat</li> <li>• Try each of the different sleep optimization experiments</li> </ul>
	16	Sleep VIDEO Nutrient balance tracker	<ul style="list-style-type: none"> <li>• Set your bedtime between 9 and 11pm this week</li> </ul>
	17	Tips for better sleep Nutrient balance tracker	
	18	Sleep supplements VIDEO Nutrient balance tracker	<ul style="list-style-type: none"> <li>• Stop eating (or drinking calories) 3 hours before bedtime and stop using devices 90 minutes before bedtime</li> </ul>
	19	Light and EMFs Nutrient balance tracker	
	20	Sleep info reminder Nutrient balance tracker	<ul style="list-style-type: none"> <li>• Try a stress reduction technique if stress is higher than 7 before bed</li> </ul>
	21	Week 3 Reflection	



WEEK 4	DAY	CONTENT	DON'T FORGET!
	22	Better Quality VIDEO	<ul style="list-style-type: none"> <li>• Make better quality choices that do not contain gluten</li> <li>• Upgrade 3 items you consume most that are often lower quality for ones that are better</li> <li>• Try an 'exercise snack' each day to see how you feel</li> </ul>
	23	Exercise VIDEO Gluten Free	
	24	Liquid Nutrition Exercise snacks	
	25	Carbs Quality Check-in Exercise snacks	
	26	Fats Quality Check-in Exercise snacks	
	27	Protein Quality Check-in Exercise snacks	
	28	Week 4 Reflection Exercise snacks	



WEEK 5	DAY	CONTENT	DON'T FORGET!
Coaching session #2 this week	29	Is your timing better? VIDEO Schedule with your practitioner	<ul style="list-style-type: none"> <li>• Consume your calories within an 8-10hr window this week, being mindful of not eating 3 hours before bedtime</li> <li>• Schedule a follow-up with your practitioner</li> </ul>
	30	Science of time restricted eating VIDEO	
	31	Eating/drinking and Exercise/Fasting tips	<ul style="list-style-type: none"> <li>• 'Pit-stop' for nutrition every 3 hours</li> </ul>
	32	Better Eating Out	
	33	Better Grilling Choices	
	34	What's gotten better?	
	35	Final Video	

