

SUCCESS HABITS EDUCATIONAL SERIES



Weekly Topic Schedule 2023

Group 1 Group2

Week 1:	Jan 5	July 6		Personal Accountability – Setting Weight-Loss Goals
Week 2:	Jan 12	July 13		Portion Control – Hunger & Satiety
Week 3:	Jan 19	July 20		Nutrition – The Value of Veggies
Week 4:	Jan 26	July 27		Fluid Intake - The Effects of Caffeine
Week 5:	Feb 2	Aug 3		Regular Exercise - Just Do It!
Week 6:	Feb 9	Aug 10		Vitamins & Supplements - Facts About Calcium
Week 7:	Feb 16	Aug 17		Personal Accountability – Measuring Your Progress
Week 8:	Feb 22	Aug 24		Portion Control – The ABC's of Grazing
Week 9:	Mar 9	Aug 31		Nutrition – Carbs – You Choose
Week 10:	Mar 16	Sept 7		Fluid Intake – The Dangers of Dehydration
Week 11:	Mar 23	Sept 14		Regular Exercise – Aerobic & Strength Training
Week 12:	Mar 30	Sept 21		Vitamins & Supplements – The Importance of B12
Week 14:	April 6	Oct 5		Personal Accountability – Relationship Changes
Week 15:	April 13	Oct 12		Portion Control – Stomach Size Changes
Week 16:	April 20	Oct 19		Nutrition – Carbs – The Skinny on Fat
Week 17:	April 27	Oct 26		Fluid Intake – The Dangers of Carbonation
Week 18:	May 4	Nov 2		Regular Exercise – Your Target Heart Rate
Week 19:	May 11	Nov 9		Vitamins & Supplements – Annual Blood work
Week 20:	May 18	Nov 16		Personal Accountability – Hog Tight - Horse High
Week 21:	May 25	Nov 22		Portion Control – Portion Distortion
Week 22:	June 1	Nov 30		Nutrition – The Power of Protein
Week 23:	June 8	Dec 7		Fluid Intake – Liquid Candy
Week 24:	June 15	Dec 14		Regular Exercise – Metabolism & Exercise
Week 25:	June 22	Dec 21		Vitamins & Supplements – Iron Insights