



Weekly Topic Schedule 2025

Group 1 Group2

Week 1:	Jan 6	June 30		Personal Accountability – Setting Weight-Loss Goals
Week 2:	Jan 13	July 7		Portion Control – Hunger & Satiety
Week 3:	Jan 20	July 14		Nutrition – The Value of Veggies
Week 4:	Jan 27	July 21		Fluid Intake - The Effects of Caffeine
Week 5:	Feb 3	July 28		Regular Exercise - Just Do It!
Week 6:	Feb 10	Aug 4		Vitamins & Supplements - Facts About Calcium
Week 7:	Feb 24	Aug 11		Personal Accountability – Measuring Your Progress
Week 8:	Mar 3	Aug 18		Portion Control – The ABC's of Grazing
Week 9:	Mar 10	Aug 25		Nutrition – Carbs – You Choose
Week 10:	Mar 17	Sept 8		Fluid Intake – The Dangers of Dehydration
Week 11:	Mar 24	Sept 15		Regular Exercise – Aerobic & Strength Training
Week 12:	Mar 31	Sept 22		Vitamins & Supplements – The Importance of B12
Week 14:	April 7	Sept 29		Personal Accountability – Relationship Changes
Week 15:	April 14	Oct 6		Portion Control – Stomach Size Changes
Week 16:	April 22	Oct 13		Nutrition – Carbs – The Skinny on Fat
Week 17:	April 28	Oct 20		Fluid Intake – The Dangers of Carbonation
Week 18:	May 5	Oct 27		Regular Exercise – Your Target Heart Rate
Week 19:	May 12	Nov 3		Vitamins & Supplements – Annual Blood work
Week 20:	May 19	Nov 10		Personal Accountability – Hog Tight - Horse High
Week 21:	May 27	Nov 17		Portion Control – Portion Distortion
Week 22:	June 2	Nov 24		Nutrition – The Power of Protein
Week 23:	June 9	Dec 1		Fluid Intake – Liquid Candy
Week 24:	June 16	Dec 8		Regular Exercise – Metabolism & Exercise
Week 25:	June 23	Dec 15		Vitamins & Supplements – Iron Insights