

ENERGY FOR PERFORMANCE™

2½ DAY EXECUTIVE COURSE AGENDA

DAY 1		
8:00 – 8:30 a.m.	Blood Chemistry Analysis & Breakfast	
8:30 – 9:00 a.m.	Introduction	Performance Coach
9:00 – 10:30 a.m.	Overview of Energy Management Principles	Performance Coach
10:30 – 10:45 a.m.	Recovery Break	
10:45 – 12:15 p.m.	Nutrition for Full Engagement™	Nutritionist
12:15 – 12:45 p.m.	Lunch	
12:45 – 2:00 p.m.	Movement for Full Engagement™	Exercise Physiologist
2:00 – 2:15 p.m.	Recovery Break	
2:15 – 3:30 p.m.	Identification of Energy Management Barriers- part 1	Performance Coach
3:30 – 3:45 p.m.	Recovery Break	
3:45 – 5:15 p.m.	Resistance and Flexibility Training	Exercise Physiologist
DAY 2		
7:30 – 8:30 a.m.	Breakfast	
8:30 – 9:30 a.m.	Identification of Energy Management Barriers- part 2	Performance Coach
9:30 – 9:45 a.m.	Recovery Break	
9:45 – 11:15 a.m.	Nutrition for Full Engagement™	Nutritionist
11:15 – 11:30 a.m.	Recovery Break	
11:30 – 12:15 p.m.	Interval Training	Exercise Physiologist
12:15 – 12:45 p.m.	Lunch	
12:45 – 2:15 p.m.	Aligning Energy Dimensions with Core Values	Performance Coach
2:15 – 2:30 p.m.	Recovery Break	
2:30 – 3:00 p.m.	Dynabands Workout	Exercise Physiologist
3:00 – 3:15 p.m.	Recovery Break	
3:15 – 4:15 p.m.	Nutrition Results	Nutritionist
4:15 – 5:00 p.m.	Fitness Results & Review	Exercise Physiologist
DAY 3		
7:45 – 8:00 a.m.	Breakfast	
8:00 – 9:00 a.m.	Recovery Techniques	
9:00 – 9:15 a.m.	Recovery Break	
9:15 – 10:15 a.m.	Nutrition & Fitness Planning	Nutritionist & Exerc. Phys.
10:15 – 10:30 p.m.	Recovery Break	
10:30 – 12:00 p.m.	Action Planning/Personal Energy Management Plan	Performance Coach
12:00 – 12:30 p.m.	Closing Ceremony	Staff