



Sample WorkSmart Schedule

DAY	MONDAY	TUESDAY	WEDNESDAY
8:30	DELIVERED BREAKFAST	DELIVERED BREAKFAST	DELIVERED BREAKFAST
9:00	Free or Work Time	Free or Work Time	Free or Work Time
10:30		Personal Training (Strength Room)	
11:30		Break Time	
12:30	DELIVERED LUNCH	DELIVERED LUNCH	DELIVERED LUNCH
1:00	Planning Session with Coach (Lobby)	Trail Time (Outdoors)	Cardio Time (Cardio Zone)
2:00	Trail Time (Outdoors)	Free or Work Time	Private Therapy (Private Room)
3:00	Free or Work Time		Free or Work Time
4:15			
6:00	DELIVERED DINNER	DELIVERED DINNER	DELIVERED 3-COURSE DINNER

A Wellness Retreat to Help You Reset



Sample WorkSmart Schedule

DAY	THURSDAY	FRIDAY	SATURDAY
8:30	DELIVERED BREAKFAST	DELIVERED BREAKFAST	DELIVERED BREAKFAST
9:00	Free or Work Time	Free or Work Time	Free or Work Time
10:30	Personal Training (Strength Room)		Strength Time (Private Room)
11:30	Break Time		Break Time
12:30	DELIVERED LUNCH	DELIVERED LUNCH	DELIVERED LUNCH
1:00	Trail Time (Outdoors)	Planning Session with Coach (Lobby)	Trail Time (Outdoors)
2:00	Free or Work Time	Cardio Time (Cardio Zone)	Free or Work Time
3:00		Free or Work Time	
4:15	Mobility Time (Private Room)	Mobility Time (Private Room)	
6:00	DELIVERED DINNER	DELIVERED DINNER	DELIVERED DINNER

You Deserve to Feel Better

Sample WorkSmart Schedule

DAY	SUNDAY	Check In Details	Schedule Key
9:00	DELIVERED BREAKFAST	Accommodations Guest _____ House _____ Code _____ Individual Sessions Screening (PR) _____ Planning Session (L) _____ Health Specialist _____	Location Abbreviations L: Lobby S: Studio (connect, yoga, dance) P: Porch (connect, yoga, dance) SR: Strength Room (strength training) CZ: Cardio Zone (cardio training) OF: Outdoor Fitness DR: Dining Room (meals) PR: Private Room (screenings) CR1: Classroom One (signature talks) CR2: Classroom Two (supplemental talks) TK: Teaching Kitchen (culinary demos) Color Coding Yellow: Private Sessions with LoseSmart Blue: Personalized Cardio or Strength Time Purple: Personalized Mobility Time Green: Personalized Trail Time
9:30	Private Cardio Time (Cardio Zone)		
10:30	Free Time		
11:30			
12:00	TO GO LUNCH		
1:00	Free Time		
3:30	New Guest Meet and Greet Mocktails (Dining Room)		
4:30	New Guest Orientation (Dining Room)		
5:30	DELIVERED DINNER		