

Schedule for the McDougall Five-Day Weekend* April 23 to 27, 2008

Wednesday, April 23:

2:00 PM to 4:30 PM: Registration

5:00 PM to 6:30 PM: John McDougall, MD – Science behind the Maximum Weight Loss Program

6:30 PM to 7:30 PM: Dinner

7:30 PM to 8:30 PM: Mary McDougall – Easy Implementation of the Maximum Weight Loss Program

Thursday, April 24:

6:30 AM: Morning Walk

7:30 AM to 8:30 AM: Breakfast

8:30 AM to 10:00 AM: John McDougall, MD – When Friends Ask – Where Do You Get Your Protein?

10:15 AM to 11:45 AM: Cooking Demonstration – Colleen Patrick-Goudreau

12:00 PM to 1:00 PM: Exercise: Choice of aerobics, gentle yoga or fitness walk

1:00 PM to 2:00 PM: Lunch

2:00 PM to 3:15 PM: Doug Lisle, PhD: Losing Weight without Losing Your Mind

3:30 PM to 4:45 PM: Mary McDougall: Planning Lunches, Dinners and Snacks

5:00 PM to 6:15 PM: Jeff Novick, RD – Weighing In On the Weight Debate

6:30 PM to 7:30 PM: Dinner

Friday, April 25:

6:30 AM: Morning Walk

7:30 AM to 8:30 AM: Breakfast

8:30 AM to 10:00 AM: John McDougall, MD – When Friends Ask – Where Do You Get Your Calcium?

10:15 AM to 11:45 AM: Cooking Demonstration – Jill Nussinow, RD

12:00 PM to 1:00 PM: Exercise: Choice of aerobics, gentle yoga or fitness walk

1:00 PM to 2:00 PM: Lunch

2:00 PM to 3:15 PM: Doug Lisle, PhD – Success Forces

3:30 PM to 4:45: Jeff Novick, RD – Should I Eat That? How to Choose the Healthiest Foods

5:00 PM to 6:15 PM: John McDougall, MD – How to Pick the Right Doctor

6:30 PM to 7:30 PM: Dinner

Saturday, April 26:

6:30 AM: Morning Walk

7:30 AM to 8:30 AM: Breakfast

8:30 AM to 10:00 AM: – John McDougall, MD – Save Money and Your Health –
Don't Buy Vitamins (except for one)

10:15 AM to 11:45 AM: Cooking Demonstration – Mary McDougall

12:00 PM to 1:00 PM: Exercise: Choice of aerobics, gentle yoga or fitness walk

1:00 PM to 2:00 PM: Lunch

2:00 PM to 3:15 PM: Doug Lisle, PhD – Getting Along Without Going Along

3:30 PM to 4:45 PM: Jeff Novick, RD – The Essential Facts on Fats

5:00 PM to 6:15 PM: Visit Cookware Store

6:30 PM to 7:30 PM: Dinner

Sunday, April 27:

6:30 AM: Morning Walk

7:30 AM to 8:30 AM: Breakfast

8:30 AM to 10:00 AM: John McDougall, MD – The Truth about Fish, Not for the
Weak Hearted

10:15 AM to 11:45 AM: Mary McDougall – Successfully Eating Out, When You Must

12:00 PM to 1:00 PM: Dr. Alec Isabeau – Fitness: Function and Aging

1:00 PM to 2:00 PM: Lunch and Check Out of Hotel (Leave bags at front desk)

2:00 PM to 3:15 PM: John McDougall, MD: Successful Examples of Living the
McDougall Program

*Schedule is subject to change and improvement