

# LM PRECEPTORSHIP 2023–2025 CALENDAR (Experiential Track)

Physicians who completed a residency training, or with Diplomate/Fellowship credential under any Specialty/Subspecialty Society

DATE	ACTIVITY	PRECEPTOR
August 27, 2023	Orientation	Mechelle Palma, MD
Sept 3, 2023	Introduction to Lifestyle Medicine,	Mechelle Palma, MD
Sept 17, 2023	The Role of Practitioner’s Personal Health and Community Advocacy; LM Research	Mechelle Palma, MD Byshe Fernan, MD
Sept 24, 2023	Unit Test 1	
Oct 8, 2023	Nutrition Science, Assessment, and Prescription (Part 1)	Mechelle Palma, MD
Oct 22, 2023	Nutrition Science, Assessment, and Prescription (Part 2)	Mechelle Palma, LM
Oct 29, 2023	Unit Test 2	
Nov 5, 2023	Physical Activity Science, Assessment, and Prescription	Manuel Gayoles Jr., MD
Nov 19, 2023	Treating Tobacco Use Disorder and Managing Other Toxic Exposures	Leonard Baraquia, MD
Nov 26, 2023	Unit Test 3	
Dec 10, 2023	Key Clinical Processes in Lifestyle Medicine (Part 1)	Mechelle Palma, MD
Dec 17, 2023	Key Clinical Processes in Lifestyle Medicine (Part 2)	Mechelle Palma, MD
Jan 7, 2024	Unit Test 4	
Jan 21, 2024	Fundamentals of Behavior Change (Part 1)	Byshe Fernan, MD
Feb 4, 2024	Fundamentals of Behavior Change (Part 2)	Byshe Fernan, MD
Feb 18, 2024	Unit Test 5	
Feb 25, 2024	Emotional and Mental Health Assessment and Interventions	Byshe Fernan, MD
Mar 3, 2024	The Role of Connectedness and Positive Psychology	Byshe Fernan, MD
Mar 17, 2024	Sleep Health Science and Interventions	Vigilanda Solijon, MD
Mar 31, 2024	Quality Assurance and EBM in Lifestyle Medicine (Workshop)	Endrik Sy, MD
<b>April 7, 2024</b>	<b>In-service Exam (theoretical)</b>	
<b>Apr 14, 2024</b>	<b>In-service Exam (OSCE)</b>	
<b>May – Aug 2024</b>	<b>Immersion Program</b>	
<b>Oct 20, 2024</b>	<b>National LMBE (theoretical)</b>	
<b>Oct 27, 2024</b>	<b>National LMBE (OSCE)</b>	
<b>Dec 5, 2024</b>	<b>International Board of Lifestyle Medicine Exam</b>	

Virtual meetings: Sundays (6:00 – 9:00 pm)

Immersion program: Virtual/In-person

Note: Schedules are subject to change

# LM PRECEPTORSHIP 2023–2025 CALENDAR (Educational Track)

Licensed Physicians without residency training

DATE	ACTIVITY	PRECEPTOR
August 27, 2023	Orientation	Mechelle Palma, MD
Sept 3, 2023	Introduction to Lifestyle Medicine	Mechelle Palma, MD
Sept 17, 2023	The Role of Practitioner’s Personal Health and Community Advocacy, LM Research	Mechelle Palma, MD, Bysse Fernan, MD
Sept 24, 2023	Unit Test 1	
Oct 8, 2023	Nutrition Science, Assessment, and Prescription (Part 1)	Mechelle Palma, MD
Oct 22, 2023	Nutrition Science, Assessment, and Prescription (Part 2)	Mechelle Palma, MD
Oct 29, 2023	Unit Test 2	
Nov 5, 2023	Physical Activity Science, Assessment, and Prescription	Manuel Gayoles Jr., MD
Nov 19, 2023	Treating Tobacco Use Disorder and Managing Other Toxic Exposures	Leonard Baraquia, MD
Nov 26, 2023	Unit Test 3	
Dec 10, 2023	Key Clinical Processes in Lifestyle Medicine (Part 1)	Mechelle Palma, MD
Dec 17, 2023	Key Clinical Processes in Lifestyle Medicine (Part 2)	Mechelle Palma, MD
Jan 7, 2024	Unit Test 4	
Jan 21, 2024	Fundamentals of Behavior Change (Part 1)	Bysse Fernan, MD
Feb 4, 2024	Fundamentals of Behavior Change (Part 2)	Bysse Fernan, MD
Feb 18, 2024	Unit Test 5	
Feb 25, 2024	Emotional and Mental Health Assessment and Interventions	Bysse Fernan, MD
Mar 3, 2024	The Role of Connectedness and Positive Psychology	Bysse Fernan, MD
Mar 17, 2024	Sleep Health Science and Interventions	Vigilanda Solijon, MD
Mar 31, 2024	Quality Assurance and EBM in Lifestyle Medicine (Workshop)	Endrik Sy, MD
April 7, 2024	In-service Exam 1 (theoretical)	
Apr 14, 2024	In-service Exam 1 (OSCE)	
May – Aug 2024	Immersion Program 1, Research writing	
May 2024	Didactics, Unit Test 6	
June 2024	Didactics	
July 2024	Didactics	
Aug 2024	Didactics, Unit Test 7	
Sept – Dec 2024	Immersion Program 2	
Sept 2024	Didactics, Unit Test 8	
October 2024	Didactics	
Nov 2024	Didactics	
Dec 2024	Didactics	
January 2025	Didactics, Unit Test 9	
February 2025	In-service Exam 2 (Theoretical)	
February 2025	In-service Exam 2 (OSCE)	
Mar 2025 ---	Requisites submission	
June 2025	National LMBE	
Dec 5, 2025	International Board of Lifestyle Medicine Exam	

# LM PRECEPTORSHIP 2023–2024 CALENDAR (Allied Health & Coaches Track)

In collaboration with FCLM accredited training institution and providers

DATE	ACTIVITY	PRECEPTOR
August 27, 2023	Orientation	Mechelle Palma, MD
Sept 3, 2023	Introduction to Lifestyle Medicine	Mechelle Palma, MD
Sept 17, 2023	The Role of Practitioner’s Personal Health and Community Advocacy; LM Research	Mechelle Palma, MD Byshe Fernan, MD
Sept 24, 2023	Unit Test 1	
Oct 8, 2023	Nutrition Science, Assessment, and Prescription (Part 1)	Mechelle Palma, MD
Oct 22, 2023	Nutrition Science, Assessment, and Prescription (Part 2)	Mechelle Palma, LM
Oct 29, 2023	Unit Test 2	
Nov 5, 2023	Physical Activity Science, Assessment, and Prescription	Manuel Gayoles Jr., MD
Nov 19, 2023	Treating Tobacco Use Disorder and Managing Other Toxic Exposures	Leonard Baraquia, MD
Nov 26, 2023	Unit Test 3	
Dec 10, 2023	Key Clinical Processes in Lifestyle Medicine (Part 1)	Mechelle Palma, MD
Dec 17, 2023	Key Clinical Processes in Lifestyle Medicine (Part 2)	Mechelle Palma, MD
Jan 7, 2024	Unit Test 4	
Jan 21, 2024	Fundamentals of Behavior Change (Part 1)	Byshe Fernan, MD
Feb 4, 2024	Fundamentals of Behavior Change (Part 2)	Byshe Fernan, MD
Feb 18, 2024	Unit Test 5	
Feb 25, 2024	Emotional and Mental Health Assessment and Interventions	Byshe Fernan, MD
Mar 3, 2024	The Role of Connectedness and Positive Psychology	Byshe Fernan, MD
Mar 17, 2024	Sleep Health Science and Interventions	Vigilanda Solijon, MD
Mar 31, 2024	Quality Assurance and EBM in Lifestyle Medicine (Workshop)	Endrik Sy, MD
<b>April 7, 2024</b>	<b>Evaluation Exam (theoretical)</b>	
<b>Apr 14, 2024</b>	<b>Evaluation Exam (OSCE)</b>	
<b>May – Aug 2024</b>	<b>Immersion Program</b>	
<b>Oct 20, 2024</b>	<b>Certification Exam (theoretical)</b>	
<b>Oct 27, 2024</b>	<b>Certification Exam (OSCE)</b>	

**Virtual meetings: Sundays (6:00 – 9:00 pm)**

**Immersion program: Virtual/In-person**

**Note: Schedules are subject to change**

**In-service exam schedule will be announced**

# LM RECERTIFICATION 2023-2024

In collaboration with ACLM and PAFP

DATE	ACTIVITY	PRECEPTOR	ARTICLE REVIEW	CLINICAL FOCUS/OUTPUT
October 8, 2023	Orientation			
Oct-Dec, 2023	LM Portfolio completion	PCLM		
Oct 15, 2023	LM Competency Updates	ACLM	LM Key studies 1, 2	GERD
Nov 19, 2023	Coaching for LM Physicians	ACLM	LM Key studies 3, 4	Obesity
Dec 17, 2023	Medical Nutrition and Culinary Medicine	ACLM & PCLM	LM Key studies 5, 6	Metabolic Syndrome
Dec 24, 2023	Lifestyle Medicine Research	PAFP	LM Key studies 7, 8	Research (individual/group) <i>Note: Credit for Fellowship qualification</i>
Jan 14, 2024	Physical Activity Science and Prescription	PCLM	LM Key studies 9, 10	CVD
Feb 11, 2024	Community-engaged LM Advocacy	PCLM	LM Key studies 11, 12	CELM Advocacy report
Mar 17, 2024	Quality Assurance in Lifestyle Medicine Practice	PAFP	LM Key studies 13, 14	Cancer
Apr 14, 2024	Relaxation, mindfulness, and Meditation	ACLM	LM Key studies 15, 16	Depression & Anxiety
May 12, 2024	Smoking, Alcohol, and Addiction Program	PCLM	LM Key studies 17, 18	Program implementation report
June 2 & 9, 2024	<b>Evaluation</b>			

**Virtual meetings: Sundays (6:00 – 9:00 pm)**

**Note: Schedules are subject to change**