

# LM PRECEPTORSHIP 2022-2023 CALENDAR (Experiential Track)

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

DATE	ACTIVITY	PRECEPTOR	REMARKS
Dec 18, 2022	Introduction and Overview		
Jan 08, 2023	LM clinical processes		
Jan 22, 2023	LM clinical processes		
Feb 05, 2023	LM research writing		
Feb 19, 2023	Nutrition Guidelines and Prescriptions (Part 1)		LM Key studies 1, 2
Mar 5, 2023	Nutrition Guidelines and Prescriptions (Part 2)		LM Key studies 3, 4
Mar 19, 2023	Nutrition Guidelines and Prescriptions (Part 3)		LM Key studies 5, 6
Apr 02, 2023	Sleep and its Effect on Health and Wellness		LM Key studies 7, 8
Apr 16, 2023	Relaxation, mindfulness, and Meditation		LM Key studies 9, 10
Apr 30, 2023	Physical Activity Guidelines and Prescription (Part 1)		LM Key studies 11, 12
May 14, 2023	Physical Activity Guidelines and Prescription (Part 2)		LM Key studies 13, 14
May 28, 2023	Smoking, Alcohol, and Addiction		LM Key studies 15, 16
June 11, 2023	Lifestyle Medicine Coaching (Part 1)		LM Key studies 17, 18
June 25, 2023	Lifestyle Medicine Coaching (Part 2)		LM Key studies 19, 20
July 09, 2023	Community-engaged LM Advocacy		LM Key studies 21, 22
July 23, 2023	Self-care and Well-being		LM Key studies 23, 24
Aug 06, 2023	Quality Assurance in Lifestyle Medicine Practice		LM Key studies 25, 26
<b>Aug 20, 2023</b>	<b>In-service Exam (theoretical)</b>		
<b>Sept 03, 2023</b>	<b>In-service Exam (OSCE)</b>		
<b>Oct 15, 2023</b>	<b>National LMBE (theoretical)</b>		
<b>Oct 16-18, 2023</b>	<b>National LMBE (OSCE)</b>		
<b>Dec 5, 2023</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 2022-2023 CALENDAR (Educational Track)

Licensed Physicians without residency training

DATE	ACTIVITY	PRECEPTOR	REMARKS
Dec 18, 2022	Introduction and Overview		
Jan 08, 2023	LM clinical processes		
Jan 22, 2023	LM clinical processes		
Feb 05, 2023	LM research writing		
Feb 19, 2023	Nutrition Guidelines and Prescriptions (Part 1)		LM Key studies 1, 2
Mar 5, 2023	Nutrition Guidelines and Prescriptions (Part 2)		LM Key studies 3, 4
Mar 19, 2023	Nutrition Guidelines and Prescriptions (Part 3)		LM Key studies 5, 6
Apr 02, 2023	Sleep and its Effect on Health and Wellness		LM Key studies 7, 8
Apr 16, 2023	Relaxation, mindfulness, and Meditation		LM Key studies 9, 10
Apr 30, 2023	Physical Activity Guidelines and Prescription (Part 1)		LM Key studies 11, 12
May 14, 2023	Physical Activity Guidelines and Prescription (Part 2)		LM Key studies 13, 14
May 28, 2023	Smoking, Alcohol, and Addiction		LM Key studies 15, 16
June 11, 2023	Lifestyle Medicine Coaching (Part 1)		LM Key studies 17, 18
June 25, 2023	Lifestyle Medicine Coaching (Part 2)		LM Key studies 19, 20
July 09, 2023	Community-engaged LM Advocacy		LM Key studies 21, 22
July 23, 2023	Self-care and Well-being		LM Key studies 23, 24
Aug 06, 2023	Quality Assurance in Lifestyle Medicine Practice		LM Key studies 25, 26
Aug 20, 2023	In-service Exam 1 (theoretical)		
Sept 03, 2023	In-service Exam 1 (OSCE)		
Sept-Dec 2023	LM program immersion 1		
Nov 12, 2023	Didactics		LM Case, Key studies 5, 6
Dec 17, 2023	Didactics		LM Case, Key studies 7, 8
Jan – April 2024	LM program immersion 2		
Jan 21, 2024	Didactics		LM Case, Key studies 9, 10
Feb 18, 2024	Didactics		LM Case, Key studies 11, 12
Mar 17, 2024	Didactics		LM Case, Key studies 13, 14
Mar 2024	In-service Exam 2 (theoretical)		
Mar 2024	In-service Exam 2 (OSCE)		
June 2024	National LMBE (theoretical)		
June 2024	National LMBE (OSCE)		

# LM PRECEPTORSHIP 2022-2023 CALENDAR (Allied Health & Coaches Track)

In collaboration with PCLM accredited training institution and providers

DATE	ACTIVITY	PRECEPTOR	REMARKS
Dec 18, 2022	Introduction and Overview		
Jan 08, 2023	LM clinical processes		
Jan 22, 2023	LM clinical processes		
Feb 05, 2023	LM research writing		
Feb 19, 2023	Nutrition Guidelines and Prescriptions (Part 1)		LM Key studies 1, 2
Mar 5, 2023	Nutrition Guidelines and Prescriptions (Part 2)		LM Key studies 3, 4
Mar 19, 2023	Nutrition Guidelines and Prescriptions (Part 3)		LM Key studies 5, 6
Apr 02, 2023	Sleep and its Effect on Health and Wellness		LM Key studies 7, 8
Apr 16, 2023	Relaxation, mindfulness, and Meditation		LM Key studies 9, 10
Apr 30, 2023	Physical Activity Guidelines and Prescription (Part 1)		LM Key studies 11, 12
May 14, 2023	Physical Activity Guidelines and Prescription (Part 2)		LM Key studies 13, 14
May 28, 2023	Smoking, Alcohol, and Addiction		LM Key studies 15, 16
June 11, 2023	Lifestyle Medicine Coaching (Part 1)		LM Key studies 17, 18
June 25, 2023	Lifestyle Medicine Coaching (Part 2)		LM Key studies 19, 20
July 09, 2023	Community-engaged LM Advocacy		LM Key studies 21, 22
July 23, 2023	Self-care and Well-being		LM Key studies 23, 24
Aug 06, 2023	Quality Assurance in Lifestyle Medicine Practice		LM Key studies 25, 26
Aug-Nov 2023	LM program immersion		
Sept 03, 2023	Didactics		LM Case, Key studies 1, 2
Sept-Dec 2023	Didactics		LM Case, Key studies 3, 4
Sept 24, 2023	Didactics		LM Case, Key studies 5, 6
Oct 22, 2023	Didactics		LM Case, Key studies 7, 8
<b>Nov 19, 2023</b>	<b>Evaluation Exam (theoretical)</b>		
<b>Nov 20, 2023</b>	<b>Evaluation Exam 1 (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**