

LM PRECEPTORSHIP 2024-2026 CALENDAR (Experiential Track)

Physicians who completed a residency training, or with Diplomate/Fellowship credential

DATE	ACTIVITY	PRECEPTOR
January 28, 2024	Orientation	Mechelle Palma, MD
Feb 11, 2024	Introduction to Lifestyle Medicine,	Mechelle Palma, MD
Feb 25, 2024	The Role of Practitioner's Personal Health and Community Advocacy; LM Research	Mechelle Palma, MD Byshe Fernan, MD
Mar 03, 2024	Unit Test 1	
Mar 10, 2024	Nutrition Science, Assessment, and Prescription (Part 1)	Mechelle Palma, MD
Mar 24, 2024	Nutrition Science, Assessment, and Prescription (Part 2)	Mechelle Palma, LM
Mar 31, 2024	Unit Test 2	
Apr 7, 2024	Physical Activity Science, Assessment, and Prescription	Manuel Gayoles Jr., MD
Apr 21, 2024	Treating Tobacco Use Disorder and Managing Other Toxic Exposures	Leonard Baraquia, MD
Apr 28, 2024	Unit Test 3	
May 05, 2024	Key Clinical Processes in Lifestyle Medicine (Part 1)	Mechelle Palma, MD
May 19, 2024	Key Clinical Processes in Lifestyle Medicine (Part 2)	Mechelle Palma, MD
May 26, 2024	Unit Test 4	
June 02, 2024	Fundamentals of Behavior Change (Part 1)	Byshe Fernan, MD
June 16, 2024	Fundamentals of Behavior Change (Part 2)	Byshe Fernan, MD
June 23, 2024	Unit Test 5	
June 30, 2024	Emotional and Mental Health Assessment and Interventions	Joy Gayares, MD
July 14, 2024	The Role of Connectedness and Positive Psychology	Byshe Fernan, MD
July 28, 2024	Sleep Health Science and Interventions	Vigilanda Solijon, MD
Aug 11, 2024	Quality Assurance and EBM in Lifestyle Medicine (Workshop)	Endrik Sy, MD
Aug 18, 2024	Unit Test 6	
July - Sept 2024	Immersion Program, Research writing	
Sept 1, 2024	In-service Exam (Theoretical)	
Sept 2-3, 2024	In-service Exam (OSCE)	
Oct 20, 2024	National LMBE (theoretical)	
Oct 27, 2024	National LMBE (OSCE)	
Dec 5, 2024	International Board of Lifestyle Medicine Exam	

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
January 28, 2024	Orientation	Mechelle Palma, MD
Feb 11, 2024	Introduction to Lifestyle Medicine,	Mechelle Palma, MD
Feb 25, 2024	The Role of Practitioner's Personal Health and Community Advocacy; LM Research	Mechelle Palma, MD Bysshe Fernan, MD
Mar 03, 2024	Unit Test 1	
Mar 10, 2024	Nutrition Science, Assessment, and Prescription (Part 1)	Mechelle Palma, MD
Mar 24, 2024	Nutrition Science, Assessment, and Prescription (Part 2)	Mechelle Palma, LM
Mar 31, 2024	Unit Test 2	
Apr 7, 2024	Physical Activity Science, Assessment, and Prescription	Manuel Gayoles Jr., MD
Apr 21, 2024	Treating Tobacco Use Disorder and Managing Other Toxic Exposures	Leonard Baraquia, MD
Apr 28, 2024	Unit Test 3	
May 05, 2024	Key Clinical Processes in Lifestyle Medicine (Part 1)	Mechelle Palma, MD
May 19, 2024	Key Clinical Processes in Lifestyle Medicine (Part 2)	Mechelle Palma, MD
May 26, 2024	Unit Test 4	
June 02, 2024	Fundamentals of Behavior Change (Part 1)	Bysshe Fernan, MD
June 16, 2024	Fundamentals of Behavior Change (Part 2)	Bysshe Fernan, MD
June 23, 2024	Unit Test 5	
June 30, 2024	Emotional and Mental Health Assessment and Interventions	Joy Gayares, MD
July 14, 2024	The Role of Connectedness and Positive Psychology	Bysshe Fernan, MD
July 28, 2024	Sleep Health Science and Interventions	Vigilanda Solijon, MD
Aug 11, 2024	Quality Assurance and EBM in Lifestyle Medicine (Workshop)	Endrik Sy, MD
Aug 18, 2024	Unit Test 6	
Aug - Oct 2024	Immersion Program 1	
Sept 1, 2024	In-service Exam (Theoretical)	
Sept 2-3, 2024	In-service Exam (OSCE)	
Sept 2024	Didactics	
October 2024	Didactics	
November 2024	Didactics, Unit Test	
December 2024	Didactics	
January 2025	Didactics	
February 2025	Didactics, Unit Test	
March 2025	Didactics	
April 2025	Didactics	
May 2025	In-service Exam 2 (Theoretical)	
May 2025	In-service Exam 2 (OSCE)	
June - Sept 2025	CELM, LM Advocacy, Research completion	
October 2025	National LMBE	
Dec 5, 2025	International Board of Lifestyle Medicine Exam	

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

In collaboration with PCLM accredited training institution and providers

DATE	ACTIVITY	PRECEPTOR
January 28, 2024	Orientation	Mechelle Palma, MD
Feb 11, 2024	Introduction to Lifestyle Medicine,	Mechelle Palma, MD
Feb 25, 2024	The Role of Practitioner’s Personal Health and Community Advocacy; LM Research	Mechelle Palma, MD Byshe Fernan, MD
Mar 03, 2024	Unit Test 1	
Mar 10, 2024	Nutrition Science, Assessment, and Prescription (Part 1)	Mechelle Palma, MD
Mar 24, 2024	Nutrition Science, Assessment, and Prescription (Part 2)	Mechelle Palma, LM
Mar 31, 2024	Unit Test 2	
Apr 7, 2024	Physical Activity Science, Assessment, and Prescription	Manuel Gayoles Jr., MD
Apr 21, 2024	Treating Tobacco Use Disorder and Managing Other Toxic Exposures	Leonard Baraquia, MD
Apr 28, 2024	Unit Test 3	
May 05, 2024	Key Clinical Processes in Lifestyle Medicine (Part 1)	Mechelle Palma, MD
May 19, 2024	Key Clinical Processes in Lifestyle Medicine (Part 2)	Mechelle Palma, MD
May 26, 2024	Unit Test 4	
June 02, 2024	Fundamentals of Behavior Change (Part 1)	Byshe Fernan, MD
June 16, 2024	Fundamentals of Behavior Change (Part 2)	Byshe Fernan, MD
June 23, 2024	Unit Test 5	
June 30, 2024	Emotional and Mental Health Assessment and Interventions	Joy Gayares, MD
July 14, 2024	The Role of Connectedness and Positive Psychology	Byshe Fernan, MD
July 28, 2024	Sleep Health Science and Interventions	Vigilanda Solijon, MD
Aug 11, 2024	Quality Assurance and EBM in Lifestyle Medicine (Workshop)	Endrik Sy, MD
July - Sept 2024	Immersion Program, Research writing	
Sept 1, 2024	Certification Exam (Theoretical)	
Sept 2-3, 2024	Certification Exam (OSCE)	

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