



1 DAY PRIVATE RETREAT AGENDA

**Customized to fit your needs*

Day 1 (7:00am-7:00pm)

- *Morning Movement*
- *Breakfast & Superfoods*
- *Behavior Change Principles, Beliefs & What Is Possible?*
- *On Target Living Philosophy*
- *3 Core Principles for a Sustainable Lifestyle: Cell Health, pH Balance & The Source*
- *Target To Table Themed Lunch*
- *3 Pillars to Success: Resting, Eating, & Moving*
- *Resting: White Space, Planned Recovery, Sleep & Hormonal Balance*
- *Eating: Hydration, Meal Patterning, Upgrades, Gut Health & Sustainable Eating*
- *Moving: 5 Essential Pieces to Movement, Mind Body Connection*
- *White Space & Herbal Tea Break (Planned Recovery Time)*
- *Target To Table Themed Dinner*

2.5 DAY PRIVATE RETREAT AGENDA

**Customized to fit your needs*

Day 1 (5pm- 8pm)

- *Arrive & Greeted with Mineral Water Cocktail*
- *Target To Table Themed Dinner*
- *Vision, Goal Setting, & Review Retreat Agenda*
- *Restorative Movement: How to Quiet the Mind & Relax the Body*
- *Planned Sleep*

Day 2 (7:00am-8:00pm)

- *Morning Movement*
- *Breakfast & Superfoods*
- *Behavior Change Principles, Beliefs & What Is Possible?*
- *Human Potential & Aging Well*
- *On Target Living Philosophy*
- *3 Core Principles for a Sustainable Lifestyle: Cell Health, pH Balance & The Source*
- *Target To Table Themed Lunch*
- *3 Pillars to Success: Resting, Eating, & Moving*
- *Resting: White Space, Planned Recovery, Sleep & Hormonal Balance*
- *Eating: Hydration, Meal Patterning, Upgrades, Gut Health & Sustainable Eating*
- *Moving: 5 Essential Pieces to Movement, Mind Body Connection*
- *Target To Table Themed Dinner*
- *White Space & Herbal Tea Break (Planned Recovery Time)*
- *Restorative Movement & Sleep Training*
- *Planned Sleep*

Day 3 (7:00am-1:00pm)

- *Morning Movement*
- *Breakfast & Superfoods*
- *Decoding Your Health*
- *Know Your Numbers Workshop*
- *Insight into Cholesterol, Digestive Health, Blood Pressure, Immune System, Hormonal Balance, Stress,*
- *Atrial Fib, Bone Health, Allergies, Skin, Hair, Sleep, Energy, & Peak Performance*
- *Target To Table Themed Lunch*
- *White Space & Herbal Tea Break (Planned Recovery Time)*
- *Next Steps & Sustainable Action Plan*
- *Q & A, Wrap-Up*
- *Snacks for The Road & Depart Home*