

MAPPING CELLULAR METABOLIC PERFORMANCE

DAILY ITINERARY

DAY ONE—Friday June 29th

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| 8:30 to 9:30 | Immune Function // Hormonal Shifts |
| 9:45 to 10:45 | Sleep Management // pH and Acidity |
| 11:00 to 12:00 | Blood Sugar and Anabolic Drive |
| 12:00 to 1:00 | LUNCH |
| 1:00 to 2:00 | Thyroid Function |
| 2:15 to 3:15 | Neurologic Connectivity: Managing Sympathetic and Vagal Tone |
| 3:30 to 4:30 | Discussion: Neurological Connectivity Supportive Nutrients During this Time |
| 5:00 to 7:00 | Social Event |

DAY TWO—Saturday June 30th

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| 8:30 to 10:30 | Pre-Surgery Injury and Post Surgery Pearls and Preparation (Dr. William Seeds) |
| 10:45 to 12:45 | Mitochondrial Optimization: Driving Energy at the Cellular Level |
| 12:45 to 1:30 | LUNCH |
| 1:30 to 3:30 | Labs that Matter: Tell-tale Signs of Performance Wear and Tear |
| 3:45 to 5:00 | Nutrition and Performance |