

EXAMPLE PROGRAMME

WEIGHT LOSS – 7 DAYS

Your HEALTHY LIVING PROGRAM and stay with us could soon look like this.

This is an example programme, timings of individual units are subject to change.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
8:00		Laboratory Tests Body Fat Measurement	Physical Performance Test via Spiroergometry				
		Breakfast 7 AM – 11 AM					
10:00		Initial Consultation with Nutritionist					Personal Training
					Personal Training	Personal Training	
12:00							Farewell
		Lunch 12 PM – 2 PM					
14:00		Movement Analysis	Personal Training	Mental Coaching		Final Doctor Consultation	
	Check-in from 3 PM						Late Check-out until 4 PM
16:00	Welcome & Introduction	Initial Consultation with Doctor			Medical Massage	Final Consultation with Nutritionist	
18:00							
		Dinner from 6 PM					