

LM PRECEPTORSHIP 2024-2025 CALENDAR (Experiential Track)

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

DATE	ACTIVITY	PRECEPTOR
November 17, 2024	Orientation	
November 24, 2024	Introduction to Lifestyle Medicine	Mechelle Palma, MD
December 8, 2024	The Role of Practitioner’s Personal Health and Community Advocacy; Lifestyle Medicine Research	Mechelle Palma, MD
December 15, 2024	Unit Test 1	
January 12, 2025	Fundamentals of Behavior Change (Part 1)	Bysshe Fernan, MD
January 26, 2025	Fundamentals of Behavior Change (Part 2) The Role of Connectedness and Positive Psychology	Bysshe Fernan, MD
February 02, 2025	Unit Test 2	
February 09, 2025	Physical Activity Science, Assessment, and Prescription	Manuel Gayoles Jr., MD
February 23, 2025	Treating Tobacco Use Disorder and Managing Other Toxic Exposures	Gloria Fabrigas, MD
March 02, 2025	Unit Test 3	
March 9, 2025	Nutrition Science, Assessment, and Prescription (Part 1)	Mechelle Palma, MD
March 23, 2025	Nutrition Science, Assessment, and Prescription (Part 2)	Mechelle Palma, MD
March 30, 2025	Unit Test 4	
April 06, 2025	Key Clinical Processes in Lifestyle Medicine (Part 1)	Kashmir Engada, MD
April 20, 2025	Key Clinical Processes in Lifestyle Medicine (Part 2) Digital Lifestyle Medicine and Remote Patient Monitoring	Mechelle Palma, MD
April 27, 2025	Unit Test 5	
May 04, 2025	Emotional and Mental Health Assessment and Interventions	Joy Gayares, MD
May 18, 2025	Sleep Health Science and Interventions	Vigilanda Solijon, MD
June 01, 2025	Quality Assurance and EBM in Lifestyle Medicine (Workshop)	Endrik Sy, MD
June 15, 2025	Lifestyle Medicine Performance Measures	Mechelle Palma, MD
June 29, 2025	Community-Engaged Lifestyle Medicine	Bysshe Fernan, MD
July 06, 2025	Unit Test 6	
July - August 2025	Immersion Program completion, Research writing completion	
Sept 7, 2025	In-service Exam (Theoretical)	
Sept 8-11, 2025	In-service Exam (OSCE)	
Oct 5, 2025	National LMBE (theoretical)	
Oct 6-8, 2025	National LMBE (OSCE)	
November 30, 2025	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 2024-2026 CALENDAR (Educational Track)

Licensed Physicians without residency training

DATE	ACTIVITY	PRECEPTOR
November 17, 2024	Orientation	
November 24, 2024	Introduction to Lifestyle Medicine	Mechelle Palma, MD
December 8, 2024	The Role of Practitioner’s Personal Health and Community Advocacy; Lifestyle Medicine Research	Mechelle Palma, MD
December 15, 2024	Unit Test 1	
January 12, 2025	Fundamentals of Behavior Change (Part 1)	Bysshe Fernan, MD
January 26, 2025	Fundamentals of Behavior Change (Part 2) The Role of Connectedness and Positive Psychology	Bysshe Fernan, MD
February 02, 2025	Unit Test 2	
February 09, 2025	Physical Activity Science, Assessment, and Prescription	Manuel Gayoles Jr., MD
February 23, 2025	Treating Tobacco Use Disorder and Managing Other Toxic Exposures	Gloria Fabrigas, MD
March 02, 2025	Unit Test 3	
March 9, 2025	Nutrition Science, Assessment, and Prescription (Part 1)	Mechelle Palma, MD
March 23, 2025	Nutrition Science, Assessment, and Prescription (Part 2)	Mechelle Palma, MD
March 30, 2025	Unit Test 4	
April 06, 2025	Key Clinical Processes in Lifestyle Medicine (Part 1)	Kashmir Engada, MD
April 20, 2025	Key Clinical Processes in Lifestyle Medicine (Part 2) Digital Lifestyle Medicine and Remote Patient Monitoring	Mechelle Palma, MD
April 27, 2025	Unit Test 5	
May 04, 2025	Emotional and Mental Health Assessment and Interventions	Joy Gayares, MD
May 18, 2025	Sleep Health Science and Interventions	Vigilanda Solijon, MD
June 01, 2025	Quality Assurance and EBM in Lifestyle Medicine (Workshop)	Endrik Sy, MD
June 15, 2025	Lifestyle Medicine Performance Measures	Mechelle Palma, MD
June 29, 2025	Community-Engaged Lifestyle Medicine	Bysshe Fernan, MD
July 06, 2025	Unit Test 6	
July - August 2025	Immersion Program completion, Research writing completion	
Sept 7, 2025	In-service Exam 1 (Theoretical)	
Sept 8-11, 2025	In-service Exam 1 (OSCE)	
October 2024 – May 2026	Didactics	
June 2026	In-service Exam 2	
July 2026	National Lifestyle Medicine Board Examination	

Virtual meetings: Sundays (6:00 – 9:00 pm)

Immersion program: Virtual/In-person

Note: Schedules are subject to change



LM PRECEPTORSHIP 2024-2025 CALENDAR (Allied Health & Coaches Track)

In collaboration with the International Federation of Lifestyle Medicine Professionals

DATE	ACTIVITY	PRECEPTOR
November 17, 2024	Orientation	
November 24, 2024	Introduction to Lifestyle Medicine	Mechelle Palma, MD
December 8, 2024	The Role of Practitioner's Personal Health and Community Advocacy; Lifestyle Medicine Research	Mechelle Palma, MD
December 15, 2024	Unit Test 1	
January 12, 2025	Fundamentals of Behavior Change (Part 1)	Bysshe Fernan, MD
January 26, 2025	Fundamentals of Behavior Change (Part 2) The Role of Connectedness and Positive Psychology	Bysshe Fernan, MD
February 02, 2025	Unit Test 2	
February 09, 2025	Physical Activity Science, Assessment, and Prescription	Manuel Gayoles Jr., MD
February 23, 2025	Treating Tobacco Use Disorder and Managing Other Toxic Exposures	Gloria Fabrigas, MD
March 02, 2025	Unit Test 3	
March 9, 2025	Nutrition Science, Assessment, and Prescription (Part 1)	Mechelle Palma, MD
March 23, 2025	Nutrition Science, Assessment, and Prescription (Part 2)	Mechelle Palma, MD
March 30, 2025	Unit Test 4	
April 06, 2025	Key Clinical Processes in Lifestyle Medicine (Part 1)	Kashmir Engada, MD
April 20, 2025	Key Clinical Processes in Lifestyle Medicine (Part 2) Digital Lifestyle Medicine and Remote Patient Monitoring	Mechelle Palma, MD
April 27, 2025	Unit Test 5	
May 04, 2025	Emotional and Mental Health Assessment and Interventions	Joy Gayares, MD
May 18, 2025	Sleep Health Science and Interventions	Vigilanda Solijon, MD
June 01, 2025	Quality Assurance and EBM in Lifestyle Medicine (Workshop)	Endrik Sy, MD
June 15, 2025	Lifestyle Medicine Performance Measures	Mechelle Palma, MD
June 29, 2025	Community-Engaged Lifestyle Medicine	Bysshe Fernan, MD
July 06, 2025	Unit Test 6	
July - August 2025	Immersion Program completion	
Sept 7-11, 2025	Certification Examination	

Virtual meetings: Sundays (6:00 – 9:00 pm)

Immersion program: Virtual/In-person

Note: Schedules are subject to change

