

DoD Weight Management Workshop/Ship Shape:
7 January 2015 - 6 March 2015
Facilitator CPT Noyes

Shipshape Evaluation/Shipshape Study Enrollment

7 January 1600

8 January 0830

9 January 1300

Shipshape 1: Orientation

14 January 1600

15 January 0830

16 January 1300

Shipshape 2: Guidelines for Success

21 January 1600

22 January 0830

23 January 1300

Shipshape 3: Physical Activity

28 January 1600

29 January 0830

30 January 1300

Shipshape 4: Psychology of Weight Management

4 February 1600

5 February 0830

6 February 1300

Shipshape 5: Personal Nutrition Plan & Tracking

11 February 1600

12 February 0830

13 February 1300

Shipshape 6: Nutrition Environment

18 February 1600

19 February 0830

20 February 1300

Shipshape 7: Putting it All Together

25 February 1600

26 February 0830

27 February 1300

Shipshape 8: Maintenance

4 March 1600

5 March 0830

6 March 1300