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IFMNT COT 2019-2021

Class Calendar as of 5/7/2020

All live classes meet Wednesday: 2:30-4:30 PM EST

Note: Schedule subject to change. Topic Order subject to change

Date	Topic
9/25/2019	Orientation
10/9/2019	Pre-Recorded Nutrition Physical
10/16/2019	Assessment Session 1
10/30/2019	Assessment Session 2
11/6/2019	Assessment Session 3 Practicum Part 1
11/13/2019	Assessment Session 4 Practicum Part 2
11/20/2019	Pre-recorded Assessment Session 5 & 6
12/4/2019	Functional Blood Chemistry- Intro
12/11/2019	Functional Blood Chemistry- CMP
12/18/2019	Functional Blood Chemistry- CMP Continued
1/8/2020	Functional Blood Chemistry- CBC Anemias
1/15/2020	Functional Blood Chemistry- CBC Anemias continued/Lab ordering
1/22/2020	Thyroid (90 minutes)
1/29/2020	Six Core Centers of Health- Session 1
2/12/2020	Six Core Centers of Health- Session 2
2/19/2020	Six Core Centers of Health Session 3 (90 minutes)
2/26/2020	Lab Optimal Values
3/11/2020	Functional Blood Chemistry Practicum- Session 1
3/18/2020	Functional Blood Chemistry Practicum- Session 2
3/25/2020	Functional Blood Chemistry Practicum- Session 3 (pre-recorded)
3/25/2020	Kiran Krishnan G.I Webinar (8:00-10:00 P.M. ET)
4/8/2020	Lab Practicum Prerecorded A.F and D.W
4/15/2020	Supplements Session 1- Assessing Needs 1
4/22/2020	Supplements Session 2- Assessing Needs 2
5/6/2020	Supplements Session 3- Assessing Needs 3
5/13/2020	Supplements Session 4 -Assessing Needs 4
5/20/2020	Supplements Session 5- Antioxidant
6/3/2020	Supplements Session 6- Antioxidant Continued-Immune
6/10/2020	Supplements Session 7- Immune
6/17/2020	Supplements Session 8- Minerals
7/1/2020	Supplements Session 9- Vitamin D/K-2
7/8/2020	Supplements Session 10- B Vitamins
7/15/2020	Supplements Session 11- B-Vitamins
7/29/2020	Supplements Session 12- B- Vitamins
8/5/2020	Supplement Session 13
8/12/2020	Business Strategies (2 hour session)
9/2/2020	GI - Session 1
9/9/2020	GI - Session 2

9/16/2020	GI - Session 3
9/30/2020	GI - Session 4
10/7/2020	GI - Session 5
10/14/2020	GI - Session 6
10/28/2020	GI - Session 7
11/4/2020	GI - Session 8
11/11/2020	GI - Session 9
12/2/2020	GI - Session 10
12/9/2020	GI- Session 11
1/6/2021	GI- Session 12
1/13/2021	GI- Session 13
1/20/2021	GI- Session 14
2/3/2021	Case Study Practicum (2 hour session)
2/10/2021	Cognition and Brain Health Session 1
2/17/2021	Cognition and Brain Health Session 2
3/3/2021	Cognition and Brain Health Session 3
3/10/2021	Cardio Metabolic Session 1
3/17/2021	Cardio Metabolic Session 2
3/31/2021	Cardio Metabolic Session 3
4/7/2021	Cardio Metabolic Session 4
4/14/2021	Cardio Metabolic Session 5
4/28/2021	Cardio Metabolic Session 6
5/5/2021	Cardio Metabolic Session 7
5/12/2021	Cardio Metabolic Session 8
5/26/2021	Cardio Metabolic Session 9
6/2/2021	Cardio Metabolic Session 10
6/9/2021	Cardio Metabolic Session 11
6/16/2021	Detox Session 1
6/30/2021	Detox Session 2
7/7/2021	Detox Session 3
7/14/2021	Detox Session 4
7/28/2021	Detox Session 5
8/4/2021	Detox Session 6
8/11/2021	Detox Session 7
8/25/2021	Detox Session 8
9/1/2021	Detox Session 9
9/8/2021	Detox Session 10
9/22/2021	Detox Session 11
9/29/2021	Thyroid Session 1
10/6/2021	Thyroid Session 2
10/13/2021	Thyroid Session 3
10/27/2021	Adrenal Session 1
11/3/2021	Adrenal Session 2
11/10/2021	Adrenal Session 3
11/17/2021	Mind Body Recording
12/1/2021	Adrenal Session 4
12/8/2021	Wrap-up