

## **Daily Time Chart — DVD CHIP Program** (sessions #1-16)

### ***Distribution of Time*** (120 min)

#### Suggested Sequence of Events

- ✓ **Mandatory DVD presentations**
- ✓ Time used for “live” time — featuring local events/providers

## 1 — “Modern Medicine: Miracles, Medicines, Money & Mirages”

<u>Minutes</u>	<u>Time</u>	<u>Description</u>
5	0:00	Welcome to CHIP*
2	0:05	Introducing the CHIP Concept*
8	0:07	Do “CHIP Knowledge Test” (30 Q)*
2	0:15	Collect test, with names at the top*
15	0:17	Explain CHIP Concepts* Daily Learning Objectives* Assignments outlined in syllabus, Q-A*
4	0:32	Water Presentation*
1	0:36	CHIP Announcements*
15	0:37	BREAK
5	0:52	Introducing Dr. Diehl: Dr. Alicia Williams
63	0:57	Dr. Hans Diehl #1 with Hall of Fame
120	2:00	Assignment and Good-bye

### **Time Distribution**

(1)	*Total Live	.....37 min.
(2)	DVD Bonus	.....5 min.
	DVD Lecture #1	.....63 min.
(3)	Break	.....15 min.
		120 min.

## Daily Time Chart — DVD CHIP Program (sessions #1-16)

### *Distribution of Time* (120 min)

#### Suggested Sequence of Events

- ✓ **Mandatory DVD presentations**
- ✓ Time used for “live” time — featuring local events/providers

## 2 — “Portrait of a Killer”

<u>Minutes</u>	<u>Time</u>	<u>Description</u>
2	0:00	Welcome to CHIP*
4	0:02	Placebo Story (Bonus) DVD #1-3
7	0:06	Review Learning Objectives of #1*
7	0:13	Clinical Rounds DVD #18-2
29	0:20	Local Presentation* <i>JumpStart</i> , Breakfast, Crock Pot, Announcements (Shopping Tours, Educational Resource Center, Applied Nutr. Wkshp)
15	0:49	BREAK
56	1:04	Dr. Hans Diehl #2
<hr/>	<hr/>	
120	2:00	Assignment and Good-bye

#### **Time Distribution**

(1)	*Total Live . . . . .	38 min.
(2)	DVD Bonus . . . . .	4 min.
	DVD Clinical Rounds . .	7 min.
	DVD Lecture #2 . . . . .	56 min.
(3)	Break . . . . .	15 min.
		120 min.

## Daily Time Chart — DVD CHIP Program (sessions #1-16)

### ***Distribution of Time*** (120 min)

#### Suggested Sequence of Events

- ✓ **Mandatory DVD presentations**
- ✓ Time used for “live” time — featuring local events/providers

### 3 — “Stalking the Killer”

<u>Minutes</u>	<u>Time</u>	<u>Description</u>
2	0:00	Welcome*
6	0:02	Buzz Brenner Testimony (Bonus) DVD #2-3
10	0:08	Perspectives of a Pathologist DVD
18	0:18	Clinical Rounds DVD #18-3
9	0:36	Local Presentation* <i>Optimal Diet</i> Brochure, Announcements (announce that the next day will be 30 min longer to explain <i>HeartScreen</i> results)
15	0:45	BREAK
60	1:00	Dr. Hans Diehl #3 with Hall of Fame
120	2:00	Assignment and Good-bye

#### **Time Distribution**

- (1) \*Total Live . . . . .11 min.
  - (2) DVD Bonus . . . . .6 min.
  - Clinical Rounds . . . . .28 min.
  - DVD Lecture #3 . . . . .60 min.
  - (3) Break: . . . . .15 min.
- 120 min.

## Daily Time Chart — DVD CHIP Program (sessions #1-16)

### *Distribution of Time* (150 min)

#### Suggested Sequence of Events

- ✓ **Mandatory DVD presentations**
- ✓ Time used for “live” time — featuring local events/providers

## 4 — “Eat More, Weigh Less”

<u>Minutes</u>	<u>Time</u>	<u>Description</u>
2	0:00	Welcome*
10	0:02	Review of Learning Objectives of #3*
27	0:12	Local Presentation*: Q & A, Breakfast, Exercise Motivation (Introduce “Walking Program” beginning now!). Be careful how you transmit your new knowledge to your loved ones and friends.
15	0:39	BREAK
66	0:54	Dr. Hans Diehl #4 with Hall of Fame & “Chippy”
5	2:00	Break to give out <i>HeartScreen</i> Results (stay behind for personal health questions)
25	2:05	Explaining <i>HeartScreen</i> Results
<hr/> 150	<hr/> 2:30	Assignment and Good-bye

### Time Distribution

- |     |                     |           |          |
|-----|---------------------|-----------|----------|
| (1) | *Total Live         | . . . . . | .39 min. |
| (2) | DVD Lecture #4      | . . . . . | .63 min. |
|     | DVD “Chippy” #1     | . . . . . | .5 min.  |
|     | DVD Explanation #17 | . . . . . | .25 min. |
| (3) | Break:              | . . . . . | .20 min. |
|     |                     |           | 150 min. |

## Daily Time Chart — DVD CHIP Program (sessions #1-16)

### *Distribution of Time* (120 min)

#### Suggested Sequence of Events

- ✓ **Mandatory DVD presentations**
- ✓ Time used for “live” time — featuring local events/providers

## 5 — “Going Up in Smoke” “Fabulous Fiber”

<u>Minutes</u>	<u>Time</u>	<u>Description</u>
2	0:00	Welcome*
5	0:02	Review of Learning Objectives of #4*
4	0:07	Clinical Rounds DVD #18-5
42	0:11	Local Presentation*: Knowledge Test Review, Legume Presentation, Recipe Demo, Introduce “Pantry Purge,” Vendor Interview, Announcements, and Exercise Motivation
15	0:53	BREAK
52	1:08	Dr. Hans Diehl #5 with Hall of Fame
120	2:00	Assignment and Good-bye

### Time Distribution

- |     |                     |              |
|-----|---------------------|--------------|
| (1) | *Total Live         | .....49 min. |
| (2) | DVD Clinical Rounds | ..4 min.     |
|     | DVD Lecture #5      | .....52 min. |
| (3) | Break:              | .....15 min. |
|     |                     | 120 min.     |

## Daily Time Chart — DVD CHIP Program (sessions #1-16)

### *Distribution of Time* (120 min)

#### Suggested Sequence of Events

- ✓ **Mandatory DVD presentations**
- ✓ Time used for “live” time — featuring local events/providers

## 6 — “Disarming Diabetes” “Reversing Hypertension”

<i>Minutes</i>	<i>Time</i>	<i>Description</i>
2	0:00	Welcome*
3	0:02	Dr. Burkitt (Bonus) DVD #5-3
7	0:05	Review of Learning Objectives of #5*
7	0:12	Clinical Rounds DVD #18-6
26	0:19	Local Presentation*: Progress Reports, Sugar/Salt Presentation, Recipe Demo, Announcements (Pantry Purge), Educational Resource Center, Exercise Motivation (Mileage Chart)
15	0:45	BREAK
60	1:00	Dr. Hans Diehl #6
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120	2:00	Assignment and Good-bye

### **Time Distribution**

(1)	*Total Live	.....35 min.
(2)	DVD Bonus	.....3 min.
	DVD Clinical Rounds	..7 min.
	DVD Lecture #6	....60 min.
(3)	Break:	.....15 min.
		120 min.

## Daily Time Chart — DVD CHIP Program (sessions #1-16)

### *Distribution of Time* (120 min)

#### Suggested Sequence of Events

- ✓ **Mandatory DVD presentations**
- ✓ Time used for “live” time — featuring local events/providers

## 7 — “Effective Cholesterol Control”

<u>Minutes</u>	<u>Time</u>	<u>Description</u>
2	0:00	Welcome*
3	0:02	Egypt’s Ants (Bonus) DVD #6-1
7	0:05	Review Learning Objectives of #6*
5	0:12	Clinical Rounds DVD #18-7
24	0:17	Local Presentation*: Progress Report, Breakfast, Flax Seed Presentation, Recipe Demo, Announcements (Pantry Purge, Shopping Tours), Exercise Motivation (Mileage Chart)
15	0:41	BREAK
64	0:56	Dr. Hans Diehl #7
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120	2:00	Assignment and Good-bye

#### **Time Distribution**

(1)	*Total Live	. . . . .33 min.
(2)	DVD Bonus	. . . . .3 min.
	DVD Clinical Rounds	. . .5 min.
	DVD Lecture #7	. . . . .64 min.
(3)	Break:	. . . . .15 min.
		120 min.

## **Daily Time Chart — DVD CHIP Program** (sessions #1-16) ***Distribution of Time*** (120 min)

### Suggested Sequence of Events

- ✓ **Mandatory DVD presentations**
- ✓ Time used for “live” time — featuring local events/providers

## 8 — “Fats in the Fire”

<u>Minutes</u>	<u>Time</u>	<u>Description</u>
2	0:00	Welcome*
6	0:02	Reviewing Learning Objectives of #7*
5	0:08	Clinical Rounds DVD #18-8
33	0:13	Local Presentation*: Knowledge Test Review, Canning Jar Illustration, Water Presentation, CHIP Notebook, Label Reading, Announcements (Pantry Purge, Volunteers), Exercise Motivation (Mileage Chart)
15	0:46	BREAK
59	1:01	Dr. Hans Diehl #8 and “Chippy”
120	2:00	Assignment and Good-bye

### **Time Distribution**

- (1) \*Total Live . . . . .41 min.
  - (2) DVD Clinical Rounds . .5 min.  
 DVD Lecture #8 . . . . .55 min.  
 DVD “Chippy” #2 . . . . .4min.
  - (3) Break: . . . . .15 min.
- 120 min.

## Daily Time Chart — DVD CHIP Program (sessions #1-16)

### *Distribution of Time* (120 min)

#### Suggested Sequence of Events

- ✓ **Mandatory DVD presentations**
- ✓ Time used for “live” time — featuring local events/providers

## 9 — “Fit At Any Age”

<u>Minutes</u>	<u>Time</u>	<u>Description</u>
2	0:00	Welcome*
5	0:02	Lifestyle Medicine Concept (Bonus) DVD #8-2
7	0:07	Review Learning Objectives of #8*
23	0:14	Clinical Rounds DVD #19-9
10	0:37	Local Presentation*: Guest Speaker, Announcements (Pantry Purge), Exercise, Motivation (Mileage Chart)
15	0:47	BREAK
58	1:02	Dr. Hans Diehl #9 with Hall of Fame
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120	2:00	Assignment and Good-bye

### Time Distribution

(1)	*Total Live	. . . . .19 min.
(2)	DVD Bonus	. . . . .5 min.
	DVD Clinical Rounds	.23 min.
	DVD Lecture	. . . . .58 min.
(3)	Break:	. . . . .15 min.
		120 min.

**Daily Time Chart — DVD CHIP Program** (sessions #1-16)  
***Distribution of Time*** (120 min)

Suggested Sequence of Events

- ✓ **Mandatory DVD presentations**
- ✓ Time used for “live” time — featuring local events/providers

10 — “Boning Up on Osteoporosis”

<u>Minutes</u>	<u>Time</u>	<u>Description</u>
2	0:00	Welcome*
6	0:02	Review Learning Objectives of #9*
22	0:08	Local Presentation*: Greens Presentation, Recipe Demo, Dairy Alternatives, Announcements (Pantry Purge, Educational Resource Center), Exercise Motivation (Mileage Chart)
37	0:30	Dr. Hans Diehl #10-1
15	1:07	BREAK
38	1:22	Dr. Hans Diehl #10-2
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120	2:00	Assignment and Good-bye

**Time Distribution**

- (1) \*Total Live . . . . .30 min.
  - (2) DVD Lecture #10-1 . . .37 min.
  - DVD Lecture #10-2 . . .38 min.
  - (3) Break: . . . . .15 min.
- 120 min.

## Daily Time Chart — DVD CHIP Program (sessions #1-16)

### *Distribution of Time* (120 min)

#### Suggested Sequence of Events

- ✓ **Mandatory DVD presentations**
- ✓ Time used for “live” time — featuring local events/providers

## 11 — “Lifestyle, Health & Disease Reversal”

<u>Minutes</u>	<u>Time</u>	<u>Description</u>
2	0:00	Welcome*
7	0:02	Review Learning Objectives of #10*
4	0:09	Clinical Rounds* (Not on DVD. Look on transcription)
33	0:13	Local Presentation*: Progress Reports, Knowledge Test Review, Soy Presentation, Recipe Demo, Announcements, Exercise Motivation (Mileage Chart)
15	0:46	BREAK
59	1:01	Dr. Hans Diehl #11
120	2:00	Assignment and Good-bye

#### Time Distribution

(1)	*Total Live	. . . . .	.46 min.
(2)	DVD Lecture #11	. . . . .	.59 min.
(3)	Break:	. . . . .	.15 min.
			120 min.

## Daily Time Chart — DVD CHIP Program (sessions #1-16)

### *Distribution of Time* (120 min)

#### Suggested Sequence of Events

- ✓ **Mandatory DVD presentations**
- ✓ Time used for “live” time — featuring local events/providers

## 12 — “The Optimal Diet”

<u>Minutes</u>	<u>Time</u>	<u>Description</u>
2	0:00	Welcome*
5	0:02	Six Testimonies (Bonus) DVD #11-3
7	0:07	Review Learning Objectives of #11*
11	0:14	Clinical Rounds DVD #19-12
15	0:25	Local Presentation*: Lunch and Dinner Presentation, Group Discussion, Announcements (Pantry Purge, Sign-up for <i>HeartScreen</i> and Graduation), Exercise Motivation (Mileage Chart)
15	0:40	BREAK
65	0:55	Dr. Hans Diehl #12 and “Chippy”
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120	2:00	Assignment and Good-bye

#### **Time Distribution**

- (1) \*Total Live . . . . .24 min.
- (2) DVD Bonus . . . . .5 min.  
 DVD Clinical Rounds .11 min.  
 DVD Lecture . . . . .60 min.  
 DVD “Chippy” #3 . . . . .5 min.
- (3) Break: . . . . .15 min.
- 120 min.

## Daily Time Chart — DVD CHIP Program (sessions #1-16)

### *Distribution of Time* (120 min)

#### Suggested Sequence of Events

- ✓ **Mandatory DVD presentations**
- ✓ Time used for “live” time — featuring local events/providers

## 13 — “Diet and Cancer”

<u>Minutes</u>	<u>Time</u>	<u>Description</u>
2	0:00	Welcome*
3	0:02	Ambulance Poem (Bonus) DVD #12-2
8	0:05	Review Learning Objectives of #12*
9	0:13	Clinical Rounds DVD #19-13
25	0:22	Local Presentation*: Eating Out Presentation, Water Reminder, Recipe Demo, Announcements (Pantry Purge, Sign-up for <i>HeartScreen</i> , Graduation, Educational Resource Center), Exercise Motivation (Mileage Chart)
15	0:47	BREAK
58	1:02	Dr. Neal Barnard #13 with Hall of Fame
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120	2:00	Assignment and Good-bye

### **Time Distribution**

(1)	*Total Live	. . . . .35 min.
(2)	DVD Bonus	. . . . .3 min.
	DVD Clinical Rounds	. .9 min.
	DVD Lecture #13	. . . .58 min.
(3)	Break:	. . . . .15 min.
		120 min.

## Daily Time Chart — DVD CHIP Program (sessions #1-16)

### *Distribution of Time* (120 min)

#### Suggested Sequence of Events

- ✓ **Mandatory DVD presentations**
- ✓ Time used for “live” time — featuring local events/providers

## 14 — “Adaptability”

<u>Minutes</u>	<u>Time</u>	<u>Description</u>
2	0:00	Welcome*
8	0:02	Review Learning Objectives of #13*
4	0:10	Clinical Rounds DVD #19-14
39	0:14	Local Presentation*: Exercise Presentation, Fruit Presentation, Recipe Demo, Progress Reports, Announcements (Recruit for Alumni Support Group, Sign-up for <i>HeartScreen</i> and Graduation, Educational Resource Center), Exercise Motivation (Mileage Chart)
15	0:53	BREAK
52	1:08	Dr. Hans Diehl #14
120	2:00	Assignment and Good-bye

### Time Distribution

- |     |                     |              |
|-----|---------------------|--------------|
| (1) | *Total Live         | .....49 min. |
| (2) | DVD Clinical Rounds | ..4 min.     |
|     | DVD Lecture #14     | ....52 min.  |
| (3) | Break:              | .....15 min. |
|     |                     | 120 min.     |

## Daily Time Chart — DVD CHIP Program (sessions #1-16)

### *Distribution of Time* (120 min)

#### Suggested Sequence of Events

- ✓ **Mandatory DVD presentations**
- ✓ Time used for “live” time — featuring local events/providers

## 15 — “The Gift of Forgiveness”

<u>Minutes</u>	<u>Time</u>	<u>Description</u>
2	0:00	Welcome*
6	0:02	Adaptability Story (Bonus) DVD #14-1
7	0:08	Review Learning Objectives of #14*
14	0:15	Clinical Rounds DVD #19-15
26	0:29	Local Presentation*: Progress Reports, Whole Grains Presentation, Recipe Demo, Announcements (Alumni Support Group, Sign-up for <i>HeartScreen</i> and Graduation), Exercise Motivation (Mileage Charts)
15	0:55	BREAK
50	1:10	Dr. Hans Diehl #15 with Hall of Fame
<hr/>	<hr/>	
120	2:00	Assignment and Good-bye

#### **Time Distribution**

(1)	*Total Live	. . . . .35 min.
(2)	DVD Bonus	. . . . .6 min.
	DVD Clinical Rounds	.14 min.
	DVD Lecture #15	. . . .50 min.
(3)	Break:	. . . . .15 min.
		120 min.

## **Daily Time Chart — DVD CHIP Program** (sessions #1-16) ***Distribution of Time*** (120 min)

### Suggested Sequence of Events

- ✓ **Mandatory DVD presentations**
- ✓ Time used for “live” time — featuring local events/providers

## 16 — “Building Self-Worth”

<u>Minutes</u>	<u>Time</u>	<u>Description</u>
2	0:00	Welcome*
5	0:02	Review Learning Objectives of #15*
17	0:07	Clinical Rounds DVD #19-16
23	0:24	Local Presentation*: <i>NewStart</i> Presentation, Recipe Demo, Announcements (Graduation and Alumni Meetings Schedule), Exercise Motivation (Mileage Chart)
8	0:47	Do “CHIP Knowledge Test” (30 Q)
15	0:55	BREAK
40	1:10	Dr. Hans Diehl #16 with Valerie Johnson feature and Hall of Fame
10	1:50	Fill out two Alumni Surveys
120	2:00	Assignment and Good-bye

### **Time Distribution**

- |     |                     |              |
|-----|---------------------|--------------|
| (1) | *Total Live         | .....48 min. |
| (2) | DVD Clinical Rounds | .18 min.     |
|     | DVD Lecture #16     | ....40 min.  |
| (3) | Break:              | .....15 min. |
|     |                     | 120 min.     |