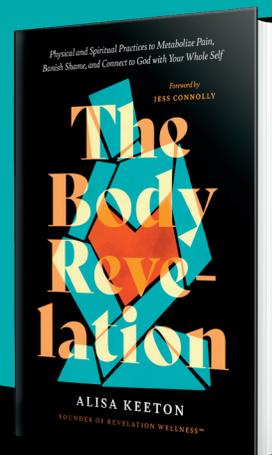


SUMMER BODY BOOK CLUB

READING SCHEDULE

*Come to each session having read
the assigned chapters*



Week 1

Introduction + Stage 1 (Chapters 1-4)

Week 2

Stage 2 (Chapters 5-8)

Week 3

Stage 3 (Chapters 9-12)

Week 4

Stage 4 (Chapters 13-16)

Week 5

Stage 5 (Chapters 17-20)

Week 6

Stage 6 (Chapters 21-24)