



Competencies & Weighting

For the detailed lifestyle medicine competencies, please click [HERE](#) 

Intro to Lifestyle Medicine - 4%

Fundamentals of Health Behavior Change - 10%

Key Clinical Processes in Lifestyle Medicine - 8%

The Role of the Practitioner's Personal Health and
Community Advocacy - 4%

Nutrition Science, Assessment, Prescription - 26%

Physical Activity Science and Prescription - 14%

Emotional Well-being, Assessments and Interventions - 10%

Sleep Health Science and Interventions - 8%

Managing Tobacco Cessation and other Toxic Exposures - 8%

The Role of Connectedness and Positive Psychology - 8%