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%