

# Life Lab 360™ Syllabus

Life Lab 360™ is a transformational 6-week program designed to teach you the science behind the plant-based lifestyle and how to successfully adopt key healthy habits on your journey toward health and well-being. At the end of the program, you'll have the knowledge and tools you need to advance in your plant-based journey and make lasting lifestyle changes to create a happier, healthier life.

The curriculum is broken into four topical areas: **Start Right** (behavioral science and accountability for lasting habit change), **Eat Well** (dietary habits and routines for sustainable weight loss), **Relax Deeply** (exercise, sleep and meditation for health and well-being) and **Live Fully** (epigenetics for health and longevity).

One module from each area will be available upon sign-up. Additional modules will begin to be released in two weeks. They will be released on a weekly basis (two modules per week) throughout the remainder of the course.

Each module has four lessons, and each lesson includes a video, a transcript, a slide deck, a worksheet, and a quiz. The transcripts, slide decks and worksheets are available for download.

You can start by reviewing the syllabus below and then move on to Module 1. As you get started, remember that this journey is about progress not perfection.

I'm thrilled that you've joined us for Life Lab 360™ and honored to be a part of your plant-based journey!



*Rosane*

**Rosane Oliveira, DVM, PhD**  
President & CEO,  
Plant-Based Life Foundation

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## Module 1 | Start Right | Measure Your Success

*Released: Upon sign-up*

Discover the essentials of successful and long-lasting habit change, which include the right mindset, a strong sense of identity, accountability, and effective goal setting and tracking.

- **Lesson 1:** Be Do Have
- **Lesson 2:** Be Your Best: Impeccable
- **Lesson 3:** Be Your Best: Accountable
- **Lesson 4:** Do It Right: OKRs

## Module 4 | Eat Well | Feed Your Bugs

*Released: Upon sign-up*

Learn the basics of plant-based living, including the five phases of the plant-based journey, the essential nutrients you must get from the diet, the importance of fiber (and your gut microbiome), and the four foods you should eat every day.

- **Lesson 1:** One to Five
- **Lesson 2:** Get the Three
- **Lesson 3:** Know Your Gut
- **Lesson 4:** Eat the Four

## Module 7 | Relax Deeply | Move With Purpose

*Released: Upon sign-up*

Understand the crucial role that physical activity plays in health and longevity (as well as weight maintenance) and how to increase your activity level, reduce sitting time, and take advantage of the benefits of interval training.

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- **Lesson 1:** Move to Lose?
- **Lesson 2:** Move to Heal
- **Lesson 3:** Get Off the Couch
- **Lesson 4:** Feel the HIIT

## Module 10 | Live Fully | Control Your Genes

*Released: Upon sign-up*

Dive into the science of epigenetics and explore how environmental factors can change your gene expression independent of any modifications of your DNA and how food can help promote health through epigenetic regulation.

- **Lesson 1:** Nature vs Nurture
- **Lesson 2:** Turn It Off
- **Lesson 3:** Feel Your Gut
- **Lesson 4:** Eat the Rainbow

## Module 2 | Start Right | Fill Your Cup

*Released: 2 weeks after enrollment*

Dig deeper into habit change and learn about the logical levels of change, the role of physiology and language, how to find and use leverage, and the importance of adopting the belief that you can learn more and constantly improve the quality of your (plant-based) life.

- **Lesson 1:** Learn and Change
- **Lesson 2:** Mind Your Language
- **Lesson 3:** Find Your Leverage
- **Lesson 4:** Expand Yourself

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## Module 5 | Eat Well | Take Your Time

*Released: 2 weeks after enrollment*

Fine tune your plant-based diet as you learn the myths about diet and weight loss, the importance of drinking water and chewing food properly, and how a little bit of sugar, oil, and salt can affect your weight and health.

- **Lesson 1:** Dispel the Myths
- **Lesson 2:** Drink Your Water
- **Lesson 3:** Get off the SoFAS
- **Lesson 4:** Chew Your Food

## Module 8 | Relax Deeply | Snooze to Lose

*Released: 3 weeks after enrollment*

Improve your sleep habits as you learn about how sleep works (and why it's foundational to health and wellbeing), the detrimental effects of sleep deprivation (and what causes it), and how to improve your sleep hygiene.

- **Lesson 1:** (Sleep) Like a Baby
- **Lesson 2:** Go to Bed
- **Lesson 3:** Get off to Sleep
- **Lesson 4:** Catch Some Z's

## Module 11 | Live Fully | Prolong Your Life

*Released: 3 weeks after enrollment*

Explore how a plant-based lifestyle helps you live a longer, healthier, and happier life as you travel through the Blue Zones, learn about the habits that slow down the aging process, and look at the foods that promote longevity.

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- **Lesson 1:** Live Longer (and Healthier)
- **Lesson 2:** Enter the Blue Zones
- **Lesson 3:** Slow It Down
- **Lesson 4:** Eat Your Beans

## Module 3 | Start Right | Stack Your Habits

*Released: 4 weeks after enrollment*

Further your mastery of habit change as you discover the elements of motivation, find your compelling why, identify your top human needs, and learn how to use the habit cycle to change your behavior.

- **Lesson 1:** Make That Change
- **Lesson 2:** Know Your Why
- **Lesson 3:** Know Your Needs
- **Lesson 4:** Know Your Habits

## Module 6 | Eat Well | Follow the Sun

*Released: 4 weeks after enrollment*

Find out about the benefits of intermittent fasting for weight loss, understand your circadian rhythm, learn when and how to break your fast, and discover the optimal time to close your eating window.

- **Lesson 1:** Fast to Lose
- **Lesson 2:** Follow Your Rhythm
- **Lesson 3:** Break Your Fast
- **Lesson 4:** Close Your Window

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## Module 9 | Relax Deeply | Quiet Your Mind

*Released: 5 weeks after enrollment*

Master meditation as you learn about the types of contemplative practices, the difference between the 'deep' and 'wide' paths and get tips and tools to integrate contemplative practices into your life.

- **Lesson 1:** Three, Two, Om
- **Lesson 2:** Dive Into the Deep (Path)
- **Lesson 3:** Walk the Wide (Path)
- **Lesson 4:** Let It Go

## Module 12 | Live Fully | Find Your Groove

*Released: 5 weeks after enrollment*

Come full circle as you revisit the reason why you began this program in the first place—to live a longer, healthier, happier, and lighter life—and contemplate the changes you've made (and will continue to make) to build the life you want and deserve.

- **Lesson 1:** Live Longer
- **Lesson 2:** Live Healthier
- **Lesson 3:** Live Happier
- **Lesson 4:** Live Lighter

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