

















Schedule at a Glance

Subject to change.

THURSDAY, JUNE 28

7:00–8:00am	Workout <i>Sponsored by FitBodies</i>	
8:15–8:45am	Welcome & Introduction	
8:45–9:35am	The Perfection Detox: Tame Your Inner Critic, Live Bravely And Unleash Your Joy	PETRA KOLBER
9:40–10:00am	BlogFest Buzz     <i>Sponsored by California Almond Board</i>	
10:30am–12 Noon	<i>Opening Ceremonies</i>	
12 Noon–1:30pm	Free time in the IDEA World Fitness & Nutrition Expo	
1:30–2:30pm	How to Make 6 Figures Online While You Sleep—Even If You Aren't Tech-Savvy!	SADIE NARDINI
2:40–3:00pm	BlogFest Buzz    	
3:10–4:00pm	Actionable Analytics—Beyond Your (Google Analytics) Home Page	KRISTINE BEATTY
4:30–5:30pm	IDEA World MEGA Circuit	ALEX ISALY
7:30–10:00pm	One EPIC Night <i>Welcome Party</i>	

FRIDAY, JUNE 29

7:00–8:00am	Workout <i>Sponsored by Frog Fitness</i>	
8:15–9:15am	Breakfast <i>Sponsored by General Mills</i>	
9:20–10:20am	Make Love to the Camera	GIGI ASHWORTH
10:30–10:50am	BlogFest Buzz    	
11:00am–12 Noon	BLOGFEST KEYNOTE WITH HEIDI POWELL	HEIDI POWELL
12 Noon–12:30pm	Meet & Greet Photo Op with Heidi Powell	
12:30–1:30pm	Lunch <i>Sponsored by National Dairy Council</i>	
1:30–2:15pm	Break	
2:15–3:15pm	The Power of Podcasts	CHANTAL BRODRICK
3:20–3:40pm	BlogFest Buzz    	
3:45–5:25pm	Brand One-on-Ones Featuring Event Sponsors	
5:30–6:30pm	BlogFest Networking Happy Hour <i>Sponsored by California Almond Board, General Mills, La Croix and TriggerPoint™</i>	

SATURDAY, JUNE 30

7:30am–5:30pm Exclusive Access to IDEA® World Convention Sessions

SUNDAY, JULY 1

7:30–11:30am Exclusive Access to IDEA® World Convention Sessions

#blogfest #ideaworld #sweatpink