

















# 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	<b>BlogFest Buzz</b>     <i>Sponsored by California Almond Board</i>	
10:30am–12 Noon	<i>Opening Ceremonies</i>	
12 Noon–1:30pm	Free time in the <b>IDEA World Fitness &amp; Nutrition Expo</b>	
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	<b>BlogFest Buzz</b>    	
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	<b>One EPIC Night</b> <i>Welcome Party</i>	

## FRIDAY, JUNE 29

7:00–8:00am	Workout <i>Sponsored by Frog Fitness</i>	
8:15–9:15am	<b>Breakfast</b> <i>Sponsored by General Mills</i>	
9:20–10:20am	Make Love to the Camera	GIGI ASHWORTH
10:30–10:50am	<b>BlogFest Buzz</b>    	
11:00am–12 Noon	<b>BLOGFEST KEYNOTE WITH HEIDI POWELL</b>	HEIDI POWELL
12 Noon–12:30pm	<b>Meet &amp; Greet Photo Op with Heidi Powell</b>	
12:30–1:30pm	<b>Lunch</b> <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	<b>BlogFest Buzz</b>    	
3:45–5:25pm	Brand One-on-Ones Featuring Event Sponsors	
5:30–6:30pm	<b>BlogFest Networking Happy Hour</b> <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**