



Smart LifeStyle TV General Schedule

PT	MT	CT	ET	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 AM	1:00 AM	2:00 AM	3:00 AM	Movie	Movie	Movie	Movie	Movie	Movie	Movie
12:30 AM	1:30 AM	2:30 AM	3:30 AM							
1:00 AM	2:00 AM	3:00 AM	4:00 AM							
1:30 AM	2:30 AM	3:30 AM	4:30 AM							
2:00 AM	3:00 AM	4:00 AM	5:00 AM	Rise Up	Rise Up	Rise Up	Rise Up	Rise Up	Rise Up	Rise Up
2:30 AM	3:30 AM	4:30 AM	5:30 AM	12 Weeks to Wellness	A New Day	Colorful Cooking	The Whole Message	Chat N' Chew	A New Day	Colorful Cooking
3:00 AM	4:00 AM	5:00 AM	6:00 AM		LifeStart	Lifestyle Magazine		Healing Hope	LifeStart	Lifestyle Magazine
3:30 AM	4:30 AM	5:30 AM	6:30 AM		Kitchen Conversations	12 Weeks to Wellness	Awesome Science	Straight Talk	Kitchen Conversations	12 Weeks to Wellness
4:00 AM	5:00 AM	6:00 AM	7:00 AM	Intersections	Hot Health		Help! I'm a Parent	Heart of Health	Hot Health	
4:30 AM	5:30 AM	6:30 AM	7:30 AM	A New Day	Journey of Hope		Lifestyle & Prev Care	This Life	Journey of Hope	
5:00 AM	6:00 AM	7:00 AM	8:00 AM	LifeStart	McDougall MD	Intersections	Concept	dLife	McDougall MD	Intersections
5:30 AM	6:30 AM	7:30 AM	8:30 AM	Rise Up	Rise Up	Rise Up	Rise Up	Rise Up	Rise Up	Rise Up
6:00 AM	7:00 AM	8:00 AM	9:00 AM	Hot Health	Chat N' Chew	A New Day	Colorful Cooking	The Whole Message	Chat N' Chew	A New Day
6:30 AM	7:30 AM	8:30 AM	9:30 AM	Journey of Hope	Healing Hope	LifeStart	Lifestyle Magazine		Healing Hope	LifeStart
7:00 AM	8:00 AM	9:00 AM	10:00 AM	McDougall MD	Straight Talk	Kitchen Conversations	12 Weeks to Wellness	Awesome Science	Straight Talk	Kitchen Conversations
7:30 AM	8:30 AM	9:30 AM	10:30 AM	Chat N' Chew	Heart of Health	Hot Health		Help! I'm a Parent	Heart of Health	Hot Health
8:00 AM	9:00 AM	10:00 AM	11:00 AM	Healing Hope	This Life	Journey of Hope		Lifestyle & Prev Care	This Life	Journey of Hope
8:30 AM	9:30 AM	10:30 AM	11:30 AM	Straight Talk	dLife	McDougall MD	Intersections	Concept	dLife	McDougall MD
9:00 AM	10:00 AM	11:00 AM	12:00 PM	Heart of Health	The Whole Message	Chat N' Chew	A New Day	Colorful Cooking	The Whole Message	Chat N' Chew
9:30 AM	10:30 AM	11:30 AM	12:30 PM	This Life		Healing Hope	LifeStart	Lifestyle Magazine		Healing Hope
10:00 AM	11:00 AM	12:00 PM	1:00 PM	dLife	Awesome Science	Straight Talk	Kitchen Conversations	12 Weeks to Wellness	Awesome Science	Straight Talk
10:30 AM	11:30 AM	12:30 PM	1:30 PM	The Whole Message	Help! I'm a Parent	Heart of Health	Hot Health		Help! I'm a Parent	Heart of Health
11:00 AM	12:00 PM	1:00 PM	2:00 PM		Lifestyle & Prev Care	This Life	Journey of Hope		Lifestyle & Prev Care	This Life
11:30 AM	12:30 PM	1:30 PM	2:30 PM	Rise Up	Rise Up	Rise Up	Rise Up	Rise Up	Rise Up	Rise Up
12:00 PM	1:00 PM	2:00 PM	3:00 PM	Help! I'm a Parent	Colorful Cooking	The Whole Message	Chat N' Chew	A New Day	Colorful Cooking	The Whole Message
12:30 PM	1:30 PM	2:30 PM	3:30 PM	Lifestyle & Prev Care	Lifestyle Magazine		Healing Hope	LifeStart	Lifestyle Magazine	
1:00 PM	2:00 PM	3:00 PM	4:00 PM	Concept	12 Weeks to Wellness	Awesome Science	Straight Talk	Kitchen Conversations	12 Weeks to Wellness	Awesome Science
1:30 PM	2:30 PM	3:30 PM	4:30 PM	Colorful Cooking		Help! I'm a Parent	Heart of Health	Hot Health		Help! I'm a Parent
2:00 PM	3:00 PM	4:00 PM	5:00 PM	Lifestyle Magazine		Lifestyle & Prev Care	This Life	Journey of Hope		Lifestyle & Prev Care
2:30 PM	3:30 PM	4:30 PM	5:30 PM	12 Weeks to Wellness	Intersections	Concept	dLife	McDougall MD	Intersections	Concept
3:00 PM	4:00 PM	5:00 PM	6:00 PM		A New Day	Colorful Cooking	The Whole Message	Chat N' Chew	A New Day	Movie
3:30 PM	4:30 PM	5:30 PM	6:30 PM		LifeStart	Lifestyle Magazine		Healing Hope	LifeStart	
4:00 PM	5:00 PM	6:00 PM	7:00 PM	Intersections	Kitchen Conversations	12 Weeks to Wellness	Awesome Science	Straight Talk	Kitchen Conversations	
4:30 PM	5:30 PM	6:30 PM	7:30 PM	Movie	Hot Health		Help! I'm a Parent	Heart of Health	Hot Health	
5:00 PM	6:00 PM	7:00 PM	8:00 PM		Journey of Hope		Lifestyle & Prev Care	This Life	Journey of Hope	Intersections
5:30 PM	6:30 PM	7:30 PM	8:30 PM		McDougall MD	Intersections	Concept	dLife	McDougall MD	A New Day
6:00 PM	7:00 PM	8:00 PM	9:00 PM		Chat N' Chew	A New Day	Colorful Cooking	The Whole Message	Chat N' Chew	LifeStart
6:30 PM	7:30 PM	8:30 PM	9:30 PM	Hot Health	Healing Hope	LifeStart	Lifestyle Magazine		Healing Hope	Kitchen Conversations
7:00 PM	8:00 PM	9:00 PM	10:00 PM	Journey of Hope	Straight Talk	Kitchen Conversations	12 Weeks to Wellness	Awesome Science	Straight Talk	Hot Health
7:30 PM	8:30 PM	9:30 PM	10:30 PM	McDougall MD	Heart of Health	Hot Health		Help! I'm a Parent	Heart of Health	Journey of Hope
8:00 PM	9:00 PM	10:00 PM	11:00 PM	Chat N' Chew	This Life	Journey of Hope		Lifestyle & Prev Care	This Life	McDougall MD
8:30 PM	9:30 PM	10:30 PM	11:30 PM	Healing Hope	dLife	McDougall MD	Intersections	Concept	dLife	Chat N' Chew
9:00 PM	10:00 PM	11:00 PM	*12:00 AM	Straight Talk	The Whole Message	Chat N' Chew	A New Day	Colorful Cooking	The Whole Message	Healing Hope
9:30 PM	10:30 PM	11:30 PM	*12:30 AM	Heart of Health		Healing Hope	LifeStart	Lifestyle Magazine		Straight Talk
10:00 PM	11:00 PM	*12:00 AM	*1:00 AM	This Life	Awesome Science	Straight Talk	Kitchen Conversations	12 Weeks to Wellness	Awesome Science	Heart of Health
10:30 PM	11:30 PM	*12:30 AM	*1:30 AM	dLife	Help! I'm a Parent	Heart of Health	Hot Health		Help! I'm a Parent	This Life
11:00 PM	*12:00 AM	*1:00 AM	*2:00 AM	The Whole Message	Lifestyle & Prev Care	This Life	Journey of Hope		Lifestyle & Prev Care	dLife
11:30 PM	*12:30 AM	*1:30 AM	*2:30 AM		Concept	dLife	McDougall MD	Intersections	Concept	Drugs Close to Home

* = +1 day. All times and television shows subject to change without notice. Visit our website at www.smartlifestyletv.com for the latest programming information.