## Celebrate Health: Tour Route

NAME	Base	Notes	Scheduled
Youtube: Health And Wellness			
Channel: Dr. Mike	<b>Estimated Reach</b> : Approximately 1.8 million subscribers.	<b>Content</b> : Dr. Mike provides evidence-based health information, debunks medical myths, and offers practical advice on various health topics. He combines medical knowledge with engaging and accessible presentations.	
Channel: NutritionFacts.org	<b>Estimated Reach</b> : Approximately 1.8 million subscribers.	<b>Content</b> : Dr. Michael Greger's channel focuses on the latest research in nutrition and health. He provides evidence-based insights into diet and its impact on disease prevention and overall wellness.	
Channel: Yoga with Adriene	<b>Estimated Reach</b> : Over 12 million subscribers.	<b>Content</b> : Adriene Mishler offers a variety of yoga practices suitable for all levels. Her channel includes yoga routines, mindfulness practices, and tips for improving mental and physical health.	
Channel: FitnessBlender	<b>Estimated Reach</b> : Over 7 million subscribers.	<b>Content</b> : FitnessBlender provides a wide range of workout videos, from cardio and strength training to flexibility exercises. The channel offers free workout programs and fitness advice.	
Channel: The Doctor's Kitchen	Estimated Reach: Approximately 600,000 subscribers.	<b>Content</b> : Dr. Rupy Aujla shares recipes and nutritional advice based on the principles of functional medicine. The channel focuses on using food as medicine to improve health.	

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Channel: Mind Over Munch	<b>Estimated Reach</b> : Over 1 million subscribers.	<b>Content</b> : Alyssia Sheikh provides healthy cooking tutorials, meal prep tips, and nutrition advice. The channel focuses on creating nutritious and delicious recipes for various dietary needs.	
Channel: Mel Robbins	Estimated Reach: Over 2.5 million subscribers	<b>Content</b> : Mel Robbins offers motivational content, personal development advice, and strategies for overcoming procrastination and improving mental health.	
Channel: Dr. Josh Axe	<b>Estimated Reach</b> : Approximately 1.5 million subscribers.	<b>Content</b> : Dr. Josh Axe covers topics related to nutrition, natural remedies, and holistic health. His channel includes advice on diet, supplements, and wellness practices.	
Channel: The Whole Food Plant Based Cooking Show	<b>Estimated Reach</b> : Around 300,000 subscribers.	<b>Content</b> : This channel focuses on plant-based recipes and cooking tips. It provides practical advice for incorporating whole foods into a plant-based diet.	
Channel: Dr. Caroline Leaf	<b>Estimated Reach</b> : Over 400,000 subscribers.	<b>Content</b> : Dr. Caroline Leaf offers insights into brain health, mental wellness, and cognitive function. Her channel covers topics related to stress management, cognitive development, and emotional well-being.	

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Instagram: Health And Wellness			
Handle: @nutrition_strong	<b>Estimated Reach</b> : Approximately 75,000 followers.	<b>Content</b> : Offers practical nutrition tips, meal ideas, and evidence- based advice for healthy eating and wellness.	
Handle: @thebalancedblonde	<b>Estimated Reach</b> : Approximately 90,000 followers.	<b>Content</b> : Focuses on holistic health, plant-based eating, and wellness tips. Features a blend of personal experiences, recipes, and lifestyle advice.	
Handle: @yoga_girl	<b>Estimated Reach</b> : Over 2.1 million followers.	<b>Content</b> : Rachel Brathen shares yoga practices, mindfulness tips, and personal wellness journeys. Her content includes yoga poses, meditation practices, and motivational posts.	
Handle: @dr.mike	<b>Estimated Reach</b> : Approximately 2.5 million followers.	<b>Content</b> : Dr. Mike Varshavski provides evidence-based health information, debunks medical myths, and offers practical advice on various health topics with a personal touch.	
Handle: @fitbit	Estimated Reach: Approximately 600,000 followers.	<b>Content</b> : Shares fitness tips, health insights, and motivational content related to using Fitbit devices. Includes workout ideas and wellness challenges.	
Handle: @wellandgood	<b>Estimated Reach</b> : Approximately 700,000 followers.	<b>Content</b> : Offers a wide range of content on health, wellness, fitness, and beauty. Features expert advice, wellness trends, and inspiring lifestyle content.	

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Handle: @mindbodygreen	<b>Estimated Reach</b> : Approximately 800,000 followers	<b>Content</b> : Provides holistic health and wellness content, including nutrition tips, fitness routines, mental health advice, and sustainable living practices.	
Handle: @dianekazer	<b>Estimated Reach</b> : Approximately 40,000 followers.	<b>Content</b> : Focuses on women's health, hormone balance, and fitness. Offers practical advice on health issues and lifestyle changes.	
Handle: @drjoshaxe	Estimated Reach: Approximately 1.3 million followers.	<b>Content</b> : Dr. Josh Axe shares information on nutrition, natural remedies, and holistic health. Includes tips on diet, supplements, and wellness practices.	
Handle: @thefullest	Estimated Reach: Approximately 120,000 followers.	<b>Content</b> : Covers topics related to holistic wellness, including nutrition, self-care, and mental health. Features tips for a balanced and mindful lifestyle.	
Facebook: Health and Wellness			
Page: Well+Good	<b>Estimated Reach</b> : Approximately 600,000 likes/followers.	<b>Content</b> : Provides insights on wellness trends, fitness tips, healthy recipes, and expert advice on living a balanced life.	
Page: Mindbodygreen	Approximately 700,000 likes/followers.	<b>Content</b> : Offers content on holistic health, including nutrition advice, fitness tips, mental well-being, and sustainable living practices.	

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Page: Health.com	Approximately 1.4 million likes/followers.	<b>Content</b> : Shares articles on health news, fitness, nutrition, and wellness tips. Features expert advice and practical solutions for various health concerns.	
Page: The Nutrition Twins	Approximately 35,000 likes/followers.	<b>Content</b> : Offers practical nutrition tips, healthy recipes, and lifestyle advice to help improve overall wellness.	
Page: Dr. Josh Axe	Approximately 500,000 likes/followers.	<b>Content</b> : Provides information on nutrition, natural remedies, and holistic health. Includes tips on diet, supplements, and wellness practices.	
Page: Yoga Journal	Approximately 900,000 likes/followers.	<b>Content</b> : Focuses on yoga practices, meditation techniques, and wellness tips. Features guidance on yoga poses, breathing exercises, and mindfulness.	
Page: Fitbit	<b>Estimated Reach</b> : Approximately 600,000 likes/followers.	<b>Content</b> : Shares fitness tips, health insights, and motivational content related to using Fitbit devices. Includes workout ideas and wellness challenges.	
Page: The Balanced Life	<b>Estimated Reach</b> : Approximately 70,000 likes/followers.	<b>Content</b> : Provides fitness and wellness tips, including pilates routines, healthy living advice, and motivation for a balanced lifestyle.	
Page: Mindful	<b>Estimated Reach</b> : Approximately 150,000 likes/followers.	<b>Content</b> : Offers insights into mindfulness practices, meditation, and mental well-being. Features articles and tips on cultivating a mindful life.	

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Page: Precision Nutrition	<b>Estimated Reach</b> : Approximately 250,000 likes/followers.	<b>Content</b> : Shares evidence-based nutrition advice, fitness tips, and health coaching insights. Focuses on practical strategies for improving diet and lifestyle.	

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X: Health And Wellness			

NAME	Base	Notes	Scheduled
Handle: @Health	<b>Estimated Reach</b> : Approximately 400,000 followers.	<b>Content</b> : Shares articles on health news, fitness tips, nutrition advice, and wellness trends. Provides updates and expert advice on a variety of health topics.	
Handle: @Mindbodygreen	<b>Estimated Reach</b> : Approximately 300,000 followers.	<b>Content</b> : Offers insights into holistic health, including nutrition, fitness, mental well-being, and sustainable living practices.	
Handle: @DrMike	<b>Estimated Reach</b> : Approximately 300,000 followers.	<b>Content</b> : Dr. Mike Varshavski provides evidence-based health information, debunks medical myths, and offers practical advice on various health topics.	
Handle: @NutritionFacts	<b>Estimated Reach</b> : Approximately 200,000 followers.	<b>Content</b> : Dr. Michael Greger's account focuses on the latest research in nutrition and health, providing evidence-based insights into diet and wellness.	
Handle: @Yoga_Journal	<b>Estimated Reach</b> : Approximately 500,000 followers	<b>Content</b> : Shares tips on yoga practices, meditation, and mindfulness. Includes guidance on yoga poses and wellness advice.	
Handle: @Fitbit	<b>Estimated Reach</b> : Approximately 300,000 followers.	<b>Content</b> : Provides fitness tips, health insights, and motivational content related to using Fitbit devices, including workout ideas and wellness challenges.	
Handle: @DrJoshAxe	<b>Estimated Reach</b> : Approximately 250,000 followers.	<b>Content</b> : Dr. Josh Axe offers advice on nutrition, natural remedies, and holistic health, including tips on diet, supplements, and wellness practices.	

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Handle: @Mindful	<b>Estimated Reach</b> : Approximately 100,000 followers.	<b>Content</b> : Provides insights into mindfulness practices, meditation, and mental well-being. Features tips on cultivating a mindful life.	
<b>Handle</b> : @FitnessBlender	Estimated Reach: Approximately 150,000 followers.	<b>Content</b> : Shares fitness tips, workout routines, and health advice. Focuses on providing practical information for maintaining physical fitness.	
Handle: @TheDoctor'sKitchen	<b>Estimated Reach</b> : Approximately 50,000 followers.	<b>Content</b> : Dr. Rupy Aujla shares recipes, nutritional advice, and insights into using food as medicine to improve health.	
Radio: Health And Wellness			
Contact Pacifica			
Contact KPFA	Estimated Reach: Approximately 80,000 to 100,000 listeners per week.		
Contact KPFK	Estimated Reach: Approximately 50,000 to 70,000 listeners per week.		

NAME	Base	Notes	Scheduled
Contact KPFT	Estimated Reach: Approximately 20,000 to 30,000 listeners per week.		
Contact WBAI	Estimated Reach: Approximately 60,000 to 80,000 listeners per week.		
Contact WPFW	Estimated Reach: Approximately 25,000 to 35,000 listeners per week.		
<b>Program</b> : The Dr. Oz Show	<b>Reach</b> : Approximately 2- 3 million viewers per episode.	<b>Content</b> : Hosted by Dr. Mehmet Oz, this show covers a wide range of health topics including nutrition, fitness, medical news, and wellness advice. It features expert interviews and practical tips for improving health.	
<b>Program</b> : The Healthy Lifestyle Show		<b>Content</b> : Focuses on practical tips and advice for maintaining a healthy lifestyle, including nutrition, fitness, and mental health. Features expert guests and listener Q&A.	
Program: The Longevity Show	Reach varies, typically around 10,000 to 50,000 listeners/downloads per episode.	<b>Content</b> : Offers insights into longevity and aging, with a focus on strategies for healthy living, nutrition, and fitness. Features interviews with experts in the field of health and wellness.	
Program: The Wellness Way	Estimated reach can be around 10,000 to 30,000 listeners/downloads per episode.	<b>Content</b> : Dr. Patrick Flynn hosts discussions on health and wellness, including topics such as nutrition, natural remedies, and lifestyle changes for better health.	

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<b>Program</b> : The Healing Power of Food	Estimated reach can be around 5,000 to 20,000 listeners/downloads per episode.	<b>Content</b> : Focuses on the role of food in health and healing. The program covers topics such as nutrition, dietary choices, and how food can impact overall well-being.	
Program: The Dr. Laura Program	<b>Reach</b> : Approximately 5- 7 million weekly listeners.	<b>Content</b> : Dr. Laura Schlessinger provides advice on various life issues including health and wellness. The program includes discussions on stress management, mental health, and personal development.	
Program: The Mindful Way	Estimated reach can be around 10,000 to 30,000 listeners/downloads per episode.	<b>Content</b> : Offers guidance on mindfulness and meditation practices. The program includes interviews with mindfulness experts and discussions on mental well-being.	
Program: The Medical Hour	Reach varies widely, typically around 5,000 to 20,000 listeners/downloads per episode.	<b>Content</b> : Provides medical and health-related information, including interviews with doctors and health professionals on various health topics and wellness strategies.	
<b>Program</b> : The Nutrition Diva	<b>Reach</b> : Approximately 500,000 downloads per month for the podcast.	<b>Content</b> : Hosted by Monica Reinagel, this show provides practical advice on nutrition, healthy eating, and dietary strategies for improved well-being.	
Program: Wellness Radio with Dr. Janelle	estimated reach of around 5,000 to 15,000 listeners/downloads per episode.	<b>Content</b> : Covers a range of health and wellness topics including nutrition, fitness, mental health, and holistic practices. Features interviews with health experts and practical wellness tips.	

NAME	Base	Notes	Scheduled
Popular Radio Shows			
The Sean Hannity Show	<b>Reach</b> : Approximately 13- 14 million listeners per week.	<b>Host</b> : Sean Hannity. Conservative talk radio show focusing on current events, politics, and conservative viewpoints.	
The Breakfast Club	<b>Reach</b> : Over 8 million listeners per week.	<b>Hosts</b> : DJ Envy, Angela Yee, and Charlamagne Tha God. Morning show featuring celebrity interviews, entertainment news, and cultural commentary.	
NPR's Morning Edition	<b>Reach</b> : Approximately 14 million weekly listeners.	<b>Hosts</b> : Various NPR hosts. A morning news program providing in-depth coverage of national and international news.	
The Jim Rome Show	<b>Reach</b> : Approximately 2-3 million listeners per week.	<b>Host</b> : Jim Rome. Sports talk radio show known for its commentary on sports and sports culture.	
The Tom Joyner Morning Show	<b>Reach</b> : Around 8 million listeners per week.	<b>Host</b> : Tom Joyner. Morning radio show targeting African American audiences with entertainment, news, and music.	
The Steve Harvey Morning Show	<b>Listenership</b> : Approximately 6 million listeners per week.	<b>Host</b> : Steve Harvey. A morning show combining comedy, music, and discussions on various social and cultural issues.	

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The Ricky Smiley Morning Show	<b>Listenership</b> : Around 4 million listeners per week.	<b>Host</b> : Ricky Smiley. Features comedy sketches, celebrity interviews, and discussions on current events and social issues.	
The Angela Rye Show	Listenership: Approximately 1-2 million listeners per week.	<b>Host</b> : Angela Rye. Focuses on political commentary, social justice, and cultural topics with a blend of news and interviews.	
The Joe Madison Show	Listenership: Approximately 1 million listeners per week.	<b>Host</b> : Joe Madison. Covers a variety of topics including politics, social justice, and cultural issues with a focus on activism and advocacy.	
The Black Information Network	Listenership: Estimated to reach around 1 million listeners per week.	<b>Description</b> : A network providing news and information relevant to the Black community, including current events and cultural topics.	
The Tony Brown Show	Listenership: Approximately 500,000 to 1 million listeners per week.	<b>Host</b> : Tony Brown. Focuses on politics, culture, and community issues with in-depth interviews and analysis.	
The Trinidad and Tobago Radio Show	Estimated Listenership: Approximately 200,000 to 300,000 listeners per week.	<b>Host</b> : Various hosts. Features local and regional news, music, and cultural content specific to Trinidad and Tobago.	
Reggae Vibes Radio	Estimated Listenership: Around 100,000 to 200,000 listeners per week.	<b>Host</b> : Various hosts. Focuses on reggae music, including new releases and classics, with interviews and cultural features.	

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Kaiso Radio Show	<b>Estimated Listenership</b> : Around 50,000 to 100,000 listeners per week.	<b>Host</b> : Various hosts. Focuses on calypso and soca music with interviews and coverage of Carnival events.	
NPR (National Public Radio)	<b>Reach</b> : NPR has a weekly audience of over 30 million listeners.	<b>Description</b> : While NPR itself is not a station, it's a major network that provides programming to public radio stations across the country.	
WNYC (New York City, NY)	Estimated Reach: Approximately 1 million weekly listeners.	<b>Description</b> : One of the largest public radio stations in the U.S., known for its news and cultural programming.	
KPCC (Los Angeles, CA)	Estimated Reach: Approximately 800,000 weekly listeners.	<b>Description</b> : A leading public radio station in Southern California, offering extensive news coverage and cultural programming.	
WBUR (Boston, MA)	<b>Estimated Reach</b> : Approximately 500,000 weekly listeners.	<b>Description</b> : Known for its news programming, including shows like "On Point" and "Here & Now."	
WBEZ (Chicago, IL)	<b>Estimated Reach</b> : Approximately 600,000 weekly listeners.	<b>Description</b> : Offers a mix of news, talk shows, and cultural programming, including popular shows like "This American Life."	
KQED (San Francisco, CA)	<b>Estimated Reach</b> : Approximately 700,000 weekly listeners.	<b>Description</b> : Provides news, talk shows, and cultural programming in Northern California.	

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WAMU (Washington, D.C.)	Estimated Reach: Approximately 400,000 weekly listeners.	<b>Description</b> : A major public radio station in the nation's capital, known for its in-depth news coverage and shows like "1A."	
KUOW (Seattle, WA)	<b>Estimated Reach</b> : Approximately 300,000 weekly listeners.	<b>Description</b> : Provides comprehensive news coverage and cultural programming for the Pacific Northwest.	
KCRW (Santa Monica, CA)	Estimated Reach: Approximately 200,000 weekly listeners.	<b>Description</b> : Known for its eclectic mix of music, news, and cultural programming, including shows like "Morning Becomes Eclectic."	
WHYY (Philadelphia, PA)	Estimated Reach: Approximately 300,000 weekly listeners.	<b>Description</b> : Provides a range of news, talk shows, and cultural programming for the Philadelphia area.	
WBGO (Newark, NJ)	Estimated Reach: WBGO has an estimated weekly listenership of around 100,000 to 150,000		

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Television: Health And Wellness			
The Dr. Oz Show	<b>Estimated Reach</b> : Approximately 2-3 million viewers per episode.	<b>Content</b> : Dr. Mehmet Oz covers a wide range of health topics, including medical news, nutrition, fitness, and wellness advice. The show features expert interviews, practical tips, and health-related discussions.	
The Biggest Loser	Historically, the show had around 8-10 million viewers per season	<b>Content</b> : A reality show focusing on weight loss and fitness. Contestants undergo rigorous fitness routines and nutritional guidance to achieve significant health transformations.	
The Doctors	Estimated Reach: Approximately 1-2 million viewers per episode	• Content: A panel of medical professionals offers advice on various health and wellness topics, including medical conditions, fitness, nutrition, and mental health. The show provides practical tips and solutions for everyday health issues.	
Eat Well for Less	Estimated Reach: Approximately 1-2 million viewers per episode in the UK	<b>Content</b> : This show helps families improve their diet while saving money. It features nutritionists and chefs who offer practical advice on healthy eating and cost-effective meal planning.	
The Food Revolution with Jamie Oliver	<b>Estimated Reach</b> : Around 2-3 million viewers per episode during its original run	<b>Content</b> : Chef Jamie Oliver aims to improve school lunch programs and educate communities about healthier eating habits. The show focuses on nutrition, cooking skills, and making healthier food choices.	
Dr. Phil	Estimated Reach: Approximately 2-4 million viewers per episode.	<b>Content</b> : Dr. Phil McGraw provides advice on various aspects of mental health, personal development, and relationships. The show often includes discussions on stress management, emotional wellbeing, and lifestyle changes.	

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The Truth About Food	Generally reaches around 1-2 million viewers per episode, depending on the season.	<b>Content</b> : This documentary series investigates the impact of food on health and well-being. It features scientific research, expert opinions, and practical advice on nutrition and healthy eating.	
Supernanny	stimated Reach: Approximately 5-7 million viewers per episode during its original run.	<b>Content</b> : While primarily focused on parenting, Supernanny also covers aspects of family health and wellness. The show includes tips on managing family routines, including healthy eating and lifestyle habits.	
Good Morning America	Estimated Reach: Approximately 3-4 million viewers per episode	<b>Content</b> : A morning news program that frequently features segments on health and wellness. Topics include fitness tips, nutrition advice, and mental health discussions, often with expert guests.	
The Wellness Way		<b>Content</b> : Dr. Patrick Flynn's show focuses on holistic health and wellness, including nutrition, natural remedies, and lifestyle changes. It offers practical advice for improving overall health.	
Today (NBC)	Estimated Reach: Approximately 4-5 million viewers per episode.	Segments: Expert advice on health, fitness routines, wellness trends, and personal health stories.	
CBS Mornings (CBS)	Estimated Reach: Approximately 3-4 million viewers per episode	Segments: Health and wellness tips, fitness features, and medical news.	
The View (ABC)	Estimated Reach: Approximately 2-3 million viewers per episode	<b>Segments</b> : Health and wellness discussions, expert interviews, and personal wellness stories.	

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CNN Newsroom (CNN)	Approximately 500,000 to 1 million viewers per episode, depending on the time slot and news cycle.	<b>Segments</b> : Health news updates, medical breakthroughs, and wellness trends.	
MSNBC Live (MSNBC)	stimated Reach: Approximately 500,000 to 1 million viewers per episode.	<b>Segments</b> : Health-related news, expert opinions on wellness issues, and medical developments.	
ABC World News Tonight (ABC)	Estimated Reach: Approximately 7-8 million viewers per episode.	<b>Segments</b> : Health and wellness stories, including major health issues and medical research.	
Health Watch	Generally, around 1-2 million viewers per episode, depending on the season and broadcast.	Segments: Health news, wellness tips, and medical advice.	
Live with Kelly and Mark	Estimated Reach: Approximately 2-3 million viewers per episode.	Segments: Features on fitness, health trends, and wellness advice.	
The Ellen DeGeneres Show	Approximately 2-3 million viewers per episode, though viewership has varied in recent years.	<b>Segments</b> : Occasionally features health and wellness experts and segments on fitness and healthy living.	

NAME	Base	Notes	Scheduled
Podcasts: Health And Wellness			
The Model Health Show	<b>Estimated Reach</b> : Approximately 100,000 to 200,000 downloads per episode.	Host: Shawn Stevenson. Covers a wide range of topics including nutrition, fitness, mental health, and personal development.	
The Dr. Axe Show	Estimated Reach: Approximately 50,000 to 100,000 downloads per episode	<b>Host</b> : Dr. Josh Axe. Provides insights on natural health, nutrition, fitness, and lifestyle tips, often featuring guest experts.	
The Wellness Way	<b>Estimated Reach</b> : Approximately 10,000 to 30,000 downloads per episode.	<b>Host</b> : Dr. Patrick Flynn. Focuses on holistic health solutions, with a strong emphasis on nutrition, chiropractic care, and alternative medicine.	
The MindBodyGreen Podcast	<b>Estimated Reach</b> : Approximately 100,000 to 200,000 downloads per episode.	Host: Jason Wachob. Focuses on plant-based nutrition, wellness, and personal growth, often featuring high-profile guests from various fields.	
The Ben Greenfield Fitness Podcast	Estimated Reach: Approximately 200,000 to 300,000 downloads per episode.	Host: Ben Greenfield. Covers topics related to biohacking, fitness, nutrition, and overall wellness, often with a scientific approach.	
Feel Better, Live More	<b>Estimated Reach</b> : Approximately 100,000 to 150,000 downloads per episode.	<b>Host</b> : Dr. Rangan Chatterjee. Description: Offers practical advice and solutions for improving physical and mental health, with a focus on simple lifestyle changes.	

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The Daily Stoic	<b>Estimated Reach</b> : Approximately 100,000 to 200,000 downloads per episode.	<b>Host</b> : Ryan Holiday. Focuses on Stoic philosophy as a way to enhance mental resilience and well-being, featuring practical advice and interviews.	
Optimal Health Daily		Host: Dr. Neal Malik. Delivers daily readings of health and wellness content from top blogs, covering a wide array of topics including fitness, nutrition, and mental health.	
The Happiness Lab with Dr. Laurie Santos	<b>Estimated Reach</b> : Approximately 200,000 to 300,000 downloads per episode.	Host: Dr. Laurie Santos. Description: Explores the science of happiness and well-being, offering evidence-based tips and strategies to improve mental health and overall happiness.	
Podcasts: Most Popular			
The Joe Rogan Experience	Listenership: Estimates suggest over 11 million listeners per episode.	<b>Host</b> : Joe Rogan. Description: Features long-form conversations with a wide range of guests, including celebrities, scientists, and experts.	
The Daily	Listenership: Approximately 1 million downloads per episode.	<b>Host</b> : Michael Barbaro. Description: A daily news podcast produced by The New York Times, covering current events and significant stories.	
Call Her Daddy	Listenership: Around 1.5 million downloads per episode.	<b>Host</b> : Alex Cooper. Description: Focuses on relationships, sex, and personal anecdotes with a candid and humorous approach.	

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Crime Junkie	Listenership: Estimates suggest around 1 million downloads per episode.	<b>Hosts</b> : Ashley Flowers and Brit Prawat. Description: A true crime podcast that dives into unsolved cases, mysteries, and criminal stories.	
Armchair Expert	Listenership: Approximately 500,000 to 1 million downloads per episode.	<b>Host</b> : Dax Shepard. Features interviews with celebrities, experts, and other guests on various topics related to mental health, personal growth, and entertainment.	
Stuff You Should Know	Listenership: Around 600,000 to 1 million downloads per episode.	<b>Hosts</b> : Josh Clark and Chuck Bryant. Provides in-depth explanations on a wide range of topics, from history and science to pop culture.	
TED Talks Daily	Listenership: Approximately 300,000 to 500,000 downloads per episode.	<b>Host</b> : Various TED speakers. Features TED Talks on a variety of subjects, including science, education, and innovation.	
The Dave Ramsey Show	<b>Listenership</b> : Around 500,000 downloads per episode.	<b>Host</b> : Dave Ramsey. Description: Focuses on personal finance advice, including budgeting, investing, and debt management.	
The Tim Ferriss Show	Listenership: Approximately 300,000 to 500,000 downloads per episode.	<b>Host</b> : Tim Ferriss. Description: Features interviews with top performers in various fields, discussing their habits, routines, and strategies for success.	

NAME	Base	Notes	Scheduled
Additional			
The Tim Ferriss Show (Podcast)	<b>Reach</b> : Approximately 300,000 to 500,000 downloads per episode.	<b>Host</b> : Tim Ferriss. Covers topics related to health, fitness, and optimization with expert interviews.	
The Rich Roll Podcast (Podcast)	<b>Reach</b> : Approximately 100,000 to 200,000 downloads per episode.	<b>Host</b> : Rich Roll. Focuses on plant-based nutrition, wellness, and personal growth.	
Feel Better, Live More (Podcast)	<b>Reach</b> : Approximately 50,000 to 100,000 downloads per episode.	<b>Host</b> : Dr. Rangan Chatterjee. Provides practical advice for improving physical and mental health with guest experts.	
TBD			
Russel Brand			
Candace Owens			

NAME	Base	Notes	Scheduled
Redacted			
Club Shay Shay			
Eddie Griffin			
Joe Budden			
D Nice			
Leon			
Gramps Morgan			

NAME	Base	Notes	Scheduled
Drink Champs			
Ryan Garcia			
LeBron James			
Serena Williams			
Cristiano Ronaldo			
Simone Biles			
Tom Brady			

NAME	Base	Notes	Scheduled
Kevin Love			
Maya Moore			
Patrick Mahomes			
Kelsey Plum			
Diana Taurasi			