

New Year's Challenge January 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Initial Weigh-Ins; 9am-11am Or 3pm-5pm	3 Initial Weigh-Ins; 7am-9am, 11:30am-1:30pm, or 5pm-7pm	4 Initial Weigh-Ins; 11:30am-1:30pm	5	6	7
8 Supplementation Basics with Rexius Nutrition 3pm-4pm	9	10 Optional Weigh-Ins 5pm-7pm	11	12	13	14
15	16 Goal Setting Presentation with Alisha Francis at 4pm and 6pm	17 Optional Weigh-Ins 5pm-7pm	18	19	20	21 Health Fair 8am-11am
22	23	24 Optional Weigh-Ins 5pm-7pm	25	26	27 Lunch & Learn Sponsored by SSM St. Francis Noon-1pm	28
29	30 Overall Wellness with Dr. Vince Shelby at 11am and 6pm	31 Optional Weigh-Ins 5pm-7pm				