

2011 Fitness Challenge – Program Calendar

(June 2011)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Informational Session – 12noon in Clark 507	4
5	6	7 Lobby Hours: Redfield 10-11am Clark 11-12noon	8	9	10	11 Deadline for TEAM Registration
12 Official Start! *Week 1*	13 Kick-off! Meet the TEAMS for a group walk around Ring Road at 12:30 and earn 5 Bonus Points (weather permitting)	14	15 12noon – meet at Smith Lobby for a 45-minute group walk led by Gretchen McManamin (weather permitting)	16	17	18
19 *Week 2*	20 Reminder to log your points for Week 1 (3pm deadline)	21	22 12noon – meet at Smith Lobby for a 45-minute group walk led by Gretchen McManamin (weather permitting)	23 Voting begins for the “Best TEAM Name” contest (see survey link in Headlines)	24	25
26 *Week 3*	27 Reminder to log your points for Week 2 (3pm deadline)	28	29 12noon – meet at Smith Lobby for a 45-minute group walk led by Gretchen McManamin (weather permitting)	30		

2011 Fitness Challenge – Program Calendar (July 2011)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 *Week 4*	4 Reminder to log your points for Week 3 (3pm deadline)	5	6 12noon – meet at Smith Lobby for a 45-minute group walk led by Gretchen McManamin (weather permitting)	7 Winner of 'Best TEAM Name' announced!	8	9
10 *Week 5*	11 Reminder to log your points for Week 4 (3pm deadline)	12 Lunch & Learn with guest Wellness Speaker – 12noon in Carriage House	13 12noon – meet at Smith Lobby for a 45-minute group walk led by Gretchen McManamin (weather permitting)	14	15	16
17 *Week 6*	18 Reminder to log your points for Week 5 (3pm deadline)	19	20 12noon – meet at Smith Lobby for a 45-minute group walk led by Gretchen McManamin (weather permitting)	21	22	23
24 *Week 7*	25 Reminder to log your points for Week 6 (3pm deadline)	26	27 12noon – meet at Smith Lobby for a 45-minute group walk led by Gretchen McManamin (weather permitting)	28	29	30

2011 Fitness Challenge – Program Calendar

(August 2011)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 *Week 8*	1 Reminder to log your points for Week 7 (3pm deadline)	2	3 12noon – meet at Smith Lobby for a 45-minute group walk led by Gretchen McManamin (weather permitting)	4 Chili Cookoff Contest!!! 12noon in Carriage House	5	6
7 *Week 9*	8 Reminder to log your points for Week 8 (3pm deadline) Delta Dental Presentation 12noon in Clark 507	9	10 12noon – meet at Smith Lobby for a 45-minute group walk led by Gretchen McManamin (weather permitting)	11	12	13
14 *Week 10*	15 Reminder to log your points for Week 9 (3pm deadline)	16	17 12noon – meet at Smith Lobby for a 45-minute group walk led by Gretchen McManamin (weather permitting)	18	19	20 Final Day of 10-week Challenge!
21	22 Reminder to log your points for Week 10 (3pm deadline)	23	24	25	26	27
28	29	30	31 Awards Ceremony! 11:30am-1pm in Carriage House			