

The Fall Challenge

MONTH	SUN	MON	TUE	WED	THR	FRI	SAT	EVENT DESCRIPTION
September	18	19	20	21 MEETING @ NOON	22	23	24	On your Mark! A program orientation: Meet & request a coach, hear success stories, sign contract, set a goal
	25	26	27	28 MEETING @ NOON	29	30	1	Get Set! Review Books, Program requirements, Journals, expectations, challenges, what you can expect to lose
October	2	3	4	5 MEETING @ NOON	6	7	8	GO! Issue Books, Journals, T-shirts, assign coaches TOPIC-HOW TO USE WEIGHT LOSS TOOLS EFFECTIVELY
	9	10 BEGIN!	11	12	13	14	15	NO MEETING THIS WEEK
	16	17 1	18	19 4PM MEETING	20	21	22	CLASS/WEIGHT LOSS TIPS
	23	24 2	25	26 4PM MEETING	27	28	29	WEEK 2-CHALLENGE!
November	30	31 3	1	2 4PM MEETING	3	4	5	CLASS/ DE-MOTIVATORS
	6	7 4	8	9 4PM MEETING	10	11	12	WEEK 4- CHALLENGE!
	13	14 5	15	16 4PM MEETING	17	18	19	CLASS- STAYING MOTIVATED
	20	21 6	22	23	24 H	25 H	26	NO MEETING THIS WEEK
	27	28 7	29	30 4PM MEETING	1	2	3	CLASS-SELECTING QUALITY CALORIES
	4	5 8	6	7 4PM MEETING	8	9	10	WEEK 8-CHALLENGE!
December	11	12 9	13	14 4PM MEETING	15	16	17	CLASS-STAYING STRONG THROUGH HOLIDAYS & SPECIAL EVENTS
	18	19 10	20	21 4PM MEETING	22	23	24	WEEK 10-CHALLENGE!
	25	26	27	28	29	30	31	11 DAYS OF TEMPTATION!!!!
	JANUARY 2012							
	SUN	MON	TUE	WED	THR	FRI	SAT	
1	2	3 FINAL WEIGH IN DAY	4	5	6 AWARDS CEREMONY @ NOON			