

Wellness Project Schedule of Activities

January 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 Orientation 6-6:30 3 rd Degree Consultation 6:30-8	8	9 3 rd Degree Fitness Class @ 12:30
10	11	12	13	14 Food Safety & Nutrition Presentation 3-5:30	15	16 3 rd Degree Fitness Class @ 12:30 Actual Nutrition @ 2
17 3 rd Degree Fitness Class @ 12:30 Lunch @ 1:30 Optional Activity: Winter Hike 2-3	18	19	20	21	22	23 3 rd Degree Fitness Class @ 12:30 Healthy Eating Alliance Cooking Class @ 2
24 3 rd Degree Fitness Class @ 12:30	25	26	27	28 Optional Activity: Tubing 2-3 (\$5)	29	30 3 rd Degree Fitness Class @ 12:30 Actual Nutrition Cooking Class @ 2
31 3 rd Degree Fitness Class @ 12:30	Notes: *Alternate dates will be made for activities if cancelled due to weather*					

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4 Optional Activity: Snowshoeing 6-7 (\$5)	5	6 3 rd Degree Fitness Class @ 12:30 Smoking Cessation @ 2
7 3 rd Degree Fitness Class @ 12:30	8	9	10	11 Optional Activity: Aerobics Class 7-8 (\$5)	12	13 3 rd Degree Fitness Class @ 12:30 Actual Nutrition Cooking Class @ 2
14 3 rd Degree Fitness Class @ 12:30	15	16	17	18	19 Optional Activity: Hot Yoga 7-8 (\$5)	20 3 rd Degree Fitness Class @ 12:30 Meal Preparation @ 2
21 3 rd Degree Fitness Class @ 12:30 Optional Activity: Indoor Rec Sports (2:30-3:30)	22	23	24	25	26	27 3 rd Degree Fitness Class @ 12:30 Final Session 2-4: Project Evaluations, Goal Review with Steve, Challenge Prizes Awarded
28	29	Notes: *Alternate dates will be made for activities if cancelled due to weather*				