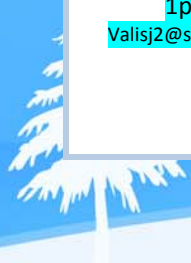




# February 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
						1	
2	3	4	5	6	7 <b>REGISTRATION FORMS DUE</b>	8	
<b>Fitness Challenge Begins!</b> <b>Opening Ceremony</b> TDC 405 12pm or 4pm	9	10	11 Wellness Wednesday Fitness Room Orientation Long Lobby @ 12pm & 4pm PowerPoints=3	12 <i>Lincoln's Birthday</i>	13 <b>FITness Friday</b> Wii Fit in TDC 213 9:00-4:00 PowerPoints=3 *Sign up in CHEW	14 <i>Valentine's Day</i>	15 Report scores to team captain by 8pm
<i>President's Day</i> Team captain report scores by 1pm Valisj2@scranton.edu	16	17	18 Wellness Wednesday YOGA 12pm & 4:45pm Aerobics Room PowerPoints=3	19	20 <b>FITness Friday</b> Wii Fit in TDC 213 9:00-4:00 PowerPoints=3 *Sign up in CHEW	21	22 Report scores to team captain by 8pm
Team captain report scores by 1pm Valisj2@scranton.edu	23	24	25 <i>Ash Wednesday</i> Wellness Wednesday Meditation TDC 405 4pm PowerPoints=3	26	27 <b>FITness Friday</b> Wii Fit in TDC 213 9:00-4:00 PowerPoints=3 *Sign up in CHEW	28	



# March 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Report scores to team captain by 8pm
2 Team captain report scores by 1pm Valisj2@scranton.edu	3	4 Wellness Wednesday Fitness Walk Long Lobby 12pm & 4pm PowerPoints=3	5	6 FITness Friday Wii Fit in TDC 213 9:00-4:00 PowerPoints=3 *Sign up in CHEW	7	8 CONCLUSION Report scores to team captain by 8pm
9 Team captain report scores by 1pm Valisj2@scranton.edu	10 Closing Ceremony TDC 405 3pm Awards & Free Healthy Snacks!	11	12	13	14	15
16	17 <i>St. Patrick's Day</i>	18	19	20 <i>First Day of Spring</i>	21	22
23	24	25	26	27	28	29
30	31					