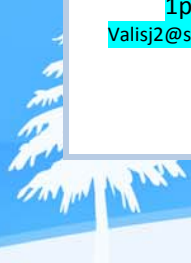




February 2009

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