

Fall River Fitness Challenge

2011 Calendar

January

S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February

S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March

S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

April

S	M	T	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

May

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Contact Information

Jamison Souza, Program Director
 Phone: 508-679-0922
www.fallriverfitnesschallenge.com
 Join us on Facebook!

IMPORTANT DATES

January

- 8** Sign-up and Health Fair | 10:00am - 2:00pm
- 12 - 15** Weigh-in Week
12 *Nutrition (Rethinking Your Eating) ~ CD REC ~ 6:30pm
- 15** Challenge Event (Mix It Up) ~10:00am~ CD REC
- 26 - 29** Weigh-in Week
26 *Nutrition (Portion Distortion) ~ General Fitness ~ 6:30pm
- 29** Challenge Event ~10:00am~ General Fitness

February

- 9 - 12** Weigh-in Week
9 *Nutrition (A Healthy Body Cleanse) ~YMCA~ 6:30pm
- 12** Challenge Event ~10:00am YMCA
- 12** Challenge Event: Children's Health Heart Festival 10:00am to 2:00pm ~ CD REC
- 23 - 26** Weigh-in Week
23 *Nutrition (Fruits & Vegetables) ~ CD REC ~ 6:30pm
- 26** Challenge Event | 10:00am Previous Winner Challenge

March

- 9 - 12** Weigh-in Week
9 *Nutrition (Power of lean protein) ~ CD REC ~ 6:30pm
- 12** Challenge Event ~10:00am

March (Continued)

- 23 - 26** Weigh-in Week
23 *Nutrition (Calories In = Calories out) ~ CD REC ~ 6:30pm
- 26** Challenge Event ~10am ~ Boardwalk Double Duty (Meet at CD REC)

April

- 2** Challenge Event ~ 10:00am 7 hills (Meet at CD REC)
- 6 - 9** Weigh-in Week
6 *Nutrition (Eating by the food groups) ~ CD REC ~ 6:30pm
- 9** Challenge Event: Walking Paths ~ 10:00am ~ 1 of 10 walking paths
- 16** Challenge Event ~ 10:00am Boardwalk to 7 hills (Meet at CD REC)
- 20 - 23** Weigh-in Week
20 *Nutrition (Think your Drink) ~ CD REC ~ 6:30pm
- 23** Challenge Event ~10:00am 1 of 10 Walking Paths
- 30** Challenge Event (2nd to last challenge) ~10:00am CD REC

May

- 4 - 7** Last Weigh-in Week
- 7** Final Challenge Event ~10:00am~ CD REC
- 20** Challenge Finale Start Time ~ 6:00pm EAGLE PERFORMING ARTS CENTER

*Nutrition workshops \$5.00/session. All other activities free!