

Fall River Fitness Challenge Weigh-in & Challenge Schedule

February 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 
Weigh-In Week						
8	9	10	11	12	13	14
15	16	17	18	19	20	21 
Weigh-In Week						
22	23	24	25	26	27	28



Feb. 7th ~ Fitness Challenge Day - 10am ~
American Heart Association ~ Women
Screenings place to be determined



Feb 21st ~ Fitness Challenge Day - 10am ~
American Heart Association ~ Women
Screenings place to be determined

www.fallriverfitnesschallenge.com

Websites to checkout
www.cdrec.org
www.diabetesma.org
www.whereistheworkout.com
www.gfrpartners.com
www.ymcasouthcoast.org

*All participants must weigh-in at during
the scheduled week

Any questions please call:
 CD REC @ 508-679-0922
 DAI @ 508-672-5671
 Healthy City Fall River @ 508-324-2411