

Fall River Fitness Challenge Weigh-in & Challenge Schedule



March 7th ~ Fitness Challenge Day - 1pm
@ Heritage State Park for a Fitness
Challenge Cook-off



March 21st ~ Fitness Challenge Day -
10am @ CD REC (72 Bank St. for an
Amazing Race

www.fallriverfitnesschallenge.com

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

March 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 |
| 29 | 30 | 31 | | | | |
| Weigh-In Week | | | | | | |
| | | | | | | |

*All participants must weigh-in during the
scheduled week

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