

Fall River Fitness Challenge Weigh-in & Challenge Schedule



May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Final Weigh-In Week						
					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						



Fitness Challenge Finale - Celebration @
Heritage State Park (Time to be announced)

www.fallriverfitnesschallenge.com

Websites to checkout

- www.cdrec.org
- www.diabetesma.org
- www.wheretheisworkout.com
- www.gfrpartners.com
- www.ymcasouthcoast.org

*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