

MAY 2024 - CALENDAR OF EVENTS

<p>Week 10: 5/1 – 5/4</p>	<p>Friday:</p> <ul style="list-style-type: none"> • FUN Friday: Try a new workout! <p>Saturday: Wellness Saturday</p> <ul style="list-style-type: none"> • Weigh in: 8 – 8:30 am • Workout: 9 – 9:45 am • Wellness Class: 10 – 11 am - Brain Health (Guest Speaker)
<p>Week 11: 5/5 – 5/11</p> <p>STEP CHALLENGE #6</p>	<p>Sunday:</p> <ul style="list-style-type: none"> • Rest and plan meals/workouts for the week! <p>Monday: Motivation Monday...never miss a Monday workout!</p> <ul style="list-style-type: none"> • Final Step challenge starts today! See the GroupMe for instructions. <p>Tuesday:</p> <ul style="list-style-type: none"> • Weigh in: 6 – 6:20 pm (Zoom) • Tuesday Transformation Talks: 6:30 – 7:00 pm <p>Wednesday:</p> <ul style="list-style-type: none"> • Water Wednesday! Goal = 11 cups of water or 88 ounces. Post those pics! <p>Saturday:</p> <ul style="list-style-type: none"> • Weigh in: 8 – 8:30 am • Group Hike: 9:30 am – 11 am...Location TBD
<p>FINAL WEEK!</p> <p>Week 12: 5/12 – 5/18</p> <p>STEP CHALLENGE #7</p>	<p>Sunday:</p> <ul style="list-style-type: none"> • Rest and plan meals/workouts for the week! <p>Monday:</p> <ul style="list-style-type: none"> • Motivation Monday! Don't miss a Monday workout! • Final Step challenge starts today! See the GroupMe for instructions.

Tuesday:

- **FINAL** Weigh in: 6 – 6:20 pm (Zoom)
- *Tuesday Transformation Talks*: 6:30 – 7:00 pm

Thursday: Thoughtful Thursday

Saturday:

- **FINAL** Weigh in: 8 – 8:30 am

FINAL RESULTS WILL BE ANNOUNCED IN JUNE. CHECK THE GROUPME FOR SPECIFIC DATE.