

# Slimdown | Albemarle Square | August 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Buddy Time:</b> Join a Slimdown Coach for a fitness friendly workout!</p> <p><b>KEY:</b> FO = Fitness Office CR = Conference Room</p>	1	2 <b>Weigh-in: (FO)</b> 5:00-6:00pm	3 <b>Weigh-in: (CR)</b> 7:00-8:00am <b>Buddy Time</b> w/ Freddy J. 8:00-8:30am <b>Buddy Time</b> w/ Meredith R. 6:30-7:00pm (Meet at FO)	4 <b>Weigh-in: (FO)</b> 10:00-11:00am <b>Buddy Time</b> w/ Jared R. 6:00-6:30pm (Meet at FO)	5 <b>Weigh-in: (CR)</b> 10:30am-11:00am <b>Meeting:</b> 11:00-11:30am "R&R- Reflect and Respond" <b>Weigh-in:</b> 11:30am-12:00pm	6
7	8	9 <b>Weigh-in: (FO)</b> 5:00-6:00pm	10 <b>Weigh-in: (CR)</b> 7:00-8:00am	11 <b>Weigh-in: (FO)</b> 10:00-11:00am	12 <b>Weigh-in: (CR)</b> 10:30am-11:00am <b>Meeting: (CR)</b> 11:00-11:30am "Healthy Mindset Series" <b>Weigh-in: (CR)</b> 11:30am-12:00pm	13
14	15	16 <b>Weigh-in: (FO)</b> 5:00-6:00pm	17 <b>Weigh-in: (CR)</b> 7:00-8:00am	18 <b>Weigh-in: (FO)</b> 10:00-11:00am	19 <b>Weigh-in: (CR)</b> 10:30am-11:00am <b>Meeting:</b> 11:00-11:30am "Healthy Mindset Series" <b>Weigh-in:</b> 11:30am-12:00pm	20
21	22	23 <b>Weigh-in: (FO)</b> 5:00-6:00pm	24 <b>Weigh-in: (CR)</b> 7:00-8:00am	25 <b>Weigh-in: (FO)</b> 10:00-11:00am	26 <b>Weigh-in: (CR)</b> 10:30am-11:00am <b>Meeting:</b> 11:00-11:30am "Healthy Mindset Series" <b>Weigh-in:</b> 11:30am-12:00pm	27
28	29	30 <b>Weigh-in: (FO)</b> 5:00-6:00pm	31 <b>Weigh-in: (CR)</b> 7:00-8:00am	September 1 <b>Weigh-in: (FO)</b> 10:00-11:00am	2 <b>Weigh-in: (CR)</b> 10:30am-11:00am <b>Meeting:</b> 11:00-11:30am "Eating Tips for Labor Day Holiday" <b>Weigh-in:</b> 11:30am-12:00pm	3