

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Buddy Time:</b> Attend a group ex class with a Slimdown Coach!</p>	<p>1</p> <p><b>Weigh-in: (FO#1)</b> 5:00-5:30pm</p> <p><b>Buddy Time w/Joe:</b> <b>6:00-6:30pm</b> <i>Fitness Friendly Workout (meet at the Fitness desk)</i></p>	<p>2</p> <p><b>Weigh-in: (FO#2)</b> 11:30-12:00pm</p>	<p>3</p> <p><b>Weigh-in: (FO#2)</b> 11:30-12:00pm</p> <p><b>Weigh-in: (FO#1)</b> 5:30-7:00pm</p>	<p>4</p> <p><b>Weigh-in: (FO#2)</b> 9:30-10:00am</p> <p><b>Buddy Time:</b> w/ Lori P 12:15-1:15pm <i>Vinyasa Yoga II/III</i></p>	<p>5</p> <p><b>Weigh-in: (FO #2)</b> 12:30-1:00pm</p> <p><b>Buddy Time:</b> w/Ralanta 3:00-4:15pm <i>Hatha Yoga I:Gentle</i></p>	<p>6 * denotes change</p> <p><b>*Weigh-in: (PT)</b> 9:00-9:30am</p> <p><b>Meeting:</b> 9:30-10:00am <i>"R&amp;R – Reflect and Respond"</i></p> <p><b>*Weigh-in:</b> <b>10:00-10:45am -CANCELLED</b> Please weigh-in with Fitness Specialist</p>
7	<p>8</p> <p><b>Weigh-in: (FO#1)</b> 5:00-5:30pm</p>	<p>9</p> <p><b>Weigh-in: (FO#2)</b> 11:30-12:00pm</p>	<p>10</p> <p><b>Weigh-in: (FO#2)</b> 11:30-12:00pm</p> <p><b>Weigh-in: (FO#1)</b> 5:30-7:00pm</p>	<p>11</p> <p><b>Weigh-in: (FO#2)</b> 9:30-10:00am</p>	<p>12</p> <p><b>Weigh-in: (FO #2)</b> 12:30-1:00pm</p>	<p>13</p> <p><b>Weigh-in: (PT)</b> 9:15-9:30am</p> <p><b>Meeting:</b> 9:30-10:00am <i>"Healthy Mindset Series"</i></p> <p><b>Weigh-in:</b> 10:00-10:45am</p>
<p>14</p> <p><b>Key:</b> FO #1 –Fitness Office top of stairs FO#2 – Fitness Office (follow the track) PT – Physical Therapy</p>	<p>15</p> <p><b>Weigh-in: (FO#1)</b> 5:00-5:30pm</p>	<p>16</p> <p><b>Weigh-in: (FO#2)</b> 11:30-12:00pm</p>	<p>17</p> <p><b>Weigh-in: (FO#2)</b> 11:30-12:00pm</p> <p><b>Weigh-in: (FO#1)</b> 5:30-7:00pm</p>	<p>18</p> <p><b>Weigh-in: (FO#2)</b> 9:30-10:00am</p>	<p>19</p> <p><b>Weigh-in: (FO #2)</b> 12:30-1:00pm</p>	<p>20</p> <p><b>Weigh-in: (PT)</b> 9:15-9:30am</p> <p><b>Meeting:</b> 9:30-10:00am <i>"Healthy Mindset Series"</i></p> <p><b>Weigh-in:</b> 10:00-10:45am</p>
21	<p>22</p> <p><b>Weigh-in: (FO#1)</b> 5:00-5:30pm</p>	<p>23</p> <p><b>Weigh-in: (FO#2)</b> 11:30-12:00pm</p>	<p>24</p> <p><b>Weigh-in: (FO#2)</b> 11:30-12:00pm</p> <p><b>Weigh-in: (FO#1)</b> 5:30-7:00pm</p>	<p>25</p> <p><b>Weigh-in: (FO#2)</b> 9:30-10:00am</p>	<p>26</p> <p><b>Weigh-in: (FO #2)</b> 12:30-1:00pm</p>	<p>27</p> <p><b>Weigh-in: (PT)</b> 9:15-9:30am</p> <p><b>Meeting:</b> 9:30-10:00am <i>"Healthy Mindset Series"</i></p> <p><b>Weigh-in:</b> 10:00-10:45am</p>
<p>28</p> <p><b>Crozet:</b> <i>Weigh in with an acac Team member</i></p>	<p>29</p> <p><b>Weigh-in: (FO#1)</b> 5:00-5:30pm</p>	<p>30</p> <p><b>Weigh-in: (FO#2)</b> 11:30-12:00pm</p>	<p>31</p> <p><b>Weigh-in: (FO#2)</b> 11:30-12:00pm</p> <p><b>Weigh-in: (FO#1)</b> 5:30-7:00pm</p>	<p>September 1</p> <p><b>Weigh-in: (FO#2)</b> 9:30-10:00am</p>	<p>2</p> <p><b>Weigh-in: (FO #2)</b> 12:30-1:00pm</p>	<p>3</p> <p><b>Weigh-in: (PT)</b> 9:15-9:30am</p> <p><b>Meeting:</b> 9:30-10:00am <i>"Eating tips for Labor Day Holiday"</i></p> <p><b>Weigh-in:</b> 10:00-10:45am</p>