

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Key: FO #1 –Fitness Office top of the stairs FO#2 – Fitness Office (follow the track) PT – Physical Therapy</p>	26	27 <u>Weigh-in: (FO#2)</u> 11:30am-12:00pm	28 <u>Weigh-in: (FO#2)</u> 11:30am-12:00pm <u>Weigh-in: (FO#1)</u> 5:30-7:00pm	29 <u>Weigh-in: (FO#2)</u> 9:30-10:00am	30 <u>Weigh-in: (FO #2)</u> 12:30-1:00pm	<p>Oct. 1 ** Time Change Weigh-in: (PT) 9:15-9:45am Meeting: 9:45-10:15am <i>“Moving from Mindless to Mindful”</i> Weigh-in: 10:15-10:45am</p>
2 Buddy Time: <i>Join a Slimdown Coach at a group exercise class or a fitness friendly workout!</i>	3 <u>Weigh-In: (FO#1)</u> 5:00-5:30pm	4 <u>Weigh-in: (FO#2)</u> 11:30am-12:00pm	5 <u>Weigh-in: (FO#2)</u> 11:30am-12:00pm <u>Weigh-in: (FO#1)</u> 5:30-7:00pm <u>Buddy Time: w/Lori P.</u> 7:10-7:55pm CIZE LIVE	6 <u>Weigh-in: (FO#2)</u> 9:30-10:00am <u>Buddy Time: w/Shannon</u> 5:30-6:15pm Hatha Yoga/Intro <u>Buddy Time w/Joe:</u> 5:30-6:00pm <i>Fitness Friendly Workout (meet at the Fitness desk)</i>	7 <u>Weigh-in: (FO #2)</u> 12:30-1:00pm	8 <u>Weigh-in: (PT) 9:15-9:30am</u> Meeting: 9:30-10:00am <i>“R&R – Reflect & Respond”</i> Weigh-in: 10:00-10:45am
9 Crozet: <i>Weigh in with an acac Team member</i>	10 <u>Weigh-in: (FO#1)</u> 5:00-5:30pm	11 <u>Weigh-in: (FO#2)</u> 11:30am-12:00pm	12 <u>Weigh-in: (FO#2)</u> 11:30am-12:00pm <u>Weigh-in: (FO#1)</u> 5:30-7:00pm	13 <u>Weigh-in: (FO#2)</u> 9:30-10:00am	14 <u>Weigh-in: (FO #2)</u> 12:30-1:00pm	15 <u>Weigh-in: (PT) 9:15-9:30am</u> Meeting: 9:30-10:00am <i>“A Sweet and Healthy Halloween”</i> Weigh-in: 10:00-10:45am
16	17 <u>Weigh-in: (FO#1)</u> 5:00-5:30pm	18 <u>Weigh-in: (FO#2)</u> 11:30am-12:00pm	19 <u>Weigh-in: (FO#2)</u> 11:30am-12:00pm <u>Weigh-in: (FO#1)</u> 5:30-7:00pm	20 <u>Weigh-in: (FO#2)</u> 9:30-10:00am	21 <u>Weigh-in: (FO #2)</u> 12:30-1:00pm	22 <u>Weigh-in: (PT) 9:15-9:30am</u> Meeting: 9:30-10:00am <i>“Learn about local CSA’s - Bellair Farms: Guest presenter</i> Weigh-in: 10:00-10:45am
23 Waist and Hip Measurement Week!!!	24 <u>Weigh-in: (FO#1)</u> 5:00-5:30pm	25 <u>Weigh-in: (FO#2)</u> 11:30am-12:00pm	26 <u>Weigh-in: (FO#2)</u> 11:30am-12:00pm <u>Weigh-in: (FO#1)</u> 5:30-7:00pm	27 <u>Weigh-in: (FO#2)</u> 9:30-10:00am	28 <u>Weigh-in: (FO #2)</u> 12:30-1:00pm *CROCKPOT SOCIAL* 5:30-7:00pm Albemarle Square	29 <u>Weigh-in: (PT)</u> 9:15-10:45am Meeting: CANCELLED
30	31 <u>Weigh-in: (FO#1)</u> 5:00-5:30pm					