|  |  |
| --- | --- |
| October | 2022 |
|  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  | **WEIGH IN: 8-8:30 am****Group Workout: 10:15 –** **FIT TRIBE GYM** |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| **REST!** **PREP YOUR MEALS FOR THE WEEK!** | **STRIDEKICK CHALLENGE****MEDITATION MONDAY!**<https://youtu.be/8Xdwr4cRTVA>**STRIDEKICK CHALLENGE** | **Weigh In**: 6-6:20 pm**Tuesday Transformation**6:30-7 pm | **WALK It Out Wednesday!** Walk an extra 1000 steps! | **Thankful Thursday!**\*\*Journal about your current challenges with health.  | **FUN FRIDAY!**<https://youtu.be/a9NVJIM8w40> | **WEIGH IN:** 8-8:30 am**Group Workout:** 9-9:45 am**Wellness Class:** 10-11  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| **REST!** **PREP YOUR MEALS FOR THE WEEK!** | **STRIDEKICK CHALLENGE****MOVE IT MONDAY!**[**https://youtu.be/WUzdhcwT8uM**](https://youtu.be/WUzdhcwT8uM) | **Weigh In**: 6-6:20 pm**Tuesday Transformation**6:30-7 pm | **Water Wednesday!**\*\*Drink **80 oz** water; ABS <https://youtu.be/QFwEQqbdCo4> | **Thankful Thursday!**\*\*Journal about patience. | **FUN FRIDAY!**<https://youtu.be/fz0AossTXaM> | **Weight In 8-8:30 am****GROUP ACTIVITY:** **HIKE 9:30-11 am** |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| **REST!** **PREP YOUR MEALS FOR THE WEEK!** | **STRIDE KICK CHALLENGE****WHOLE30 ENDS TODAY!****MEDITATION MONDAY!**\*Smiling Minds App | **Weigh In**: 6-6:20 pm**Tuesday Transformation**6:30-7 pm**WHOLE30, 10 day evaluation STARTS** | **Water Wednesday!**\*\*Drink **88 oz** waterABS <https://youtu.be/qfWx1EPdhwE> | **Thankful Thursday!**\*\*Journal about what you would tell your “younger self” about health if you could.  | **FUN FRIDAY!**<https://youtu.be/1qr754HOfhE> | **WEIGH IN:** 8-8:30 am**Group Workout:** 9-9:45 am**Wellness Class:** 10-11 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| **REST!** **PREP YOUR MEALS FOR THE WEEK!** | **STRIDE KICK CHALLENGE****MOVE IT MONDAY!** <https://youtu.be/g2BYoo4D16Q> | **Weigh In**: 6-6:20 pm**Tuesday Transformation**6:30-7 pm | **Water Wednesday!**\*\*Drink **96 oz** waterABS <https://youtu.be/pdC3OfWI5cw> | **WHOLE30 10-day evaluation ENDS today****Thankful Thursday!**\*\*Journal about something you have learned about yourself in the last 2 months. | **FUN FRIDAY!**[**https://youtu.be/lE7-T\_8gsdE**](https://youtu.be/lE7-T_8gsdE) | **WEIGH IN: 8-8:30 am****GROUP ACTIVITY:** **HIKE 9:30 – 11 am** |
| 30 | 31 |  |  |  |  |  |
| **YOUVERSION CHALLENGE** | **FALL FESTIVAL VOLUNTEERING**  |  |  |  |  |  |