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| October | 2022 |
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| 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** water  ABS <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** water  ABS <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** |  |  |  |  |  |