

6 Week Weight Loss Challenge Nov 1-Dec 15, 2018

DATE	LOCATION	TIME	WELLNESS ACTIVITY	LOCATION	TIME	WELLNESS ACTIVITY
11/1	COLAB	10-11am	Weigh In	COLAB	11-12pm	Weight Loss Challenge Kickoff & Successful Preparation
11/8	COLAB	10-11am	Weigh In	COLAB	11-12pm	Smart Calories In, Healthy Body, Healthy Food
11/14				COM319	1:30pm	Sustainable Weight Loss Seminar
11/15	COLAB	10-11am	Weigh In	COLAB	11-12pm	Take the Weight off of Stress
11/21	GYM028	10-11am	Weigh In	GYM022	11-12pm	Move Calories Out, Build Strength & Burn Fat
11/29	COM319	10-11am	Sustainable Weight Loss	COM319	11-12pm	Weigh In – Goal Setting Review
12/6	GYM028	10-11am	Weigh In	GYM003	11-12pm	Finish Strong, Goal Review, Next Steps
12/13	COLAB	10-11am	Weigh In	COLAB	11-12pm	Celebrate Life together with refreshments

PRIVATE WELLNESS COACHING

1 private 1-on-1 wellness coaching sessions throughout the challenge & 1 the final week will be available for students