

November

2022

Unified Fitness Calendar Example

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 UFC Meeting @6pm (Park, Lead: Itzel) 5-minute Zumba warm up prior to walking	3	4	5
6	7	8	9 UFC Meeting @6pm (Park, Lead: Elesia) Discuss water intake (5- 10 minutes)	10	11	12
13	14	15	16 UFC Meeting @6pm (Park, Lead: Itzel) Invite ALU student to practice practicum at end of walking	17	18	19
20	21	22	23 UFC Meeting Cancelled due to Thanksgiving	24 Thanksgiving	25	26
27	28	29	30 UFC Meeting @6pm (Park, Lead: Elesia) Invite local dentist to discuss dental hygiene (10-15 minutes)			