

January 2011 Healthy Monday Score Card



Each Day of Success!

MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
					1	2	3	4	5	6	7	8	9
10 Take 5 For Fitness	11	12	13	14	15	16	17 Capitalize on Commercials	18	19	20	21	22	23
24 Vegg Out	25	26	27	28	29	30	31 Feed Between the Lines						

Monday Mini-Events

Thoughts or Comments:

10th: Move It Monday!

Yoga Basics Workshop: 6-7 pm;
Lower Fitness Room

24th: Move It Monday!

Hip Hop Hustle *Free Class of the Week*: 6-7 pm; Upper Fitness Room

31st: Massage Monday!

Chair Massage at the UC;
11:30am – 1:30 pm

Questions or Concerns?
Contact Jessica Weiderspon @

Jessica.weiderspon@unco.edu

970-351-2936

www.unco.edu/campusrec

The Day All Health Breaks Loose

March 2011 Healthy Monday Score Card



Each Day of Success!

MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6	7 Slim Your Salt Intake	8	9	10	11	12	13
14 Seek the Spring Shade	15	16	17	18	19	20	21 Beet the Blues!	22	23	24	25	26	27
28 Do a Monday Meet-Up	29	30	31										

Monday Mini-Events

Thoughts or Comments:

7th: Milestone Monday!

Free Body Comp Clinic: 5:30-7:30 pm; CRC

21st: Move It Monday!

Cardio Sculpt *Free Class of the Week*: 4-5 pm; Upper Fitness Room

28th: Mile Monday!

Campus Walk @ the UC Bear (outside); 12:15 -12:45 pm

Questions or Concerns?
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The Day All Health Breaks Loose

May 2011 Healthy Monday Score Card



Each Day of Success!

MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN
						1	2 At Some Fitness to Your Finals	3	4	5	6	7	8 DONE!
9	10	11	12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31					

Monday Mini-Events

Thoughts or Comments:

2nd: Mile / Move It Monday
All Group Fitness Classes FREE!

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