




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13 Virtual Coaches Training Boccee, Tennis Golf	14	15	16	17
18	19  <b>Summer Season Starts</b>	20	21	22	23	24
25	26	27	28	29	30	31
Log your Fit5! 						

Fit 5 materials distributed to Wellness Coordinators and Coaches

- Coaches and Wellness Coordinators distribute Fit 5 playbooks and trackers
- Athletes complete Personal Health Goals and Lifestyle Survey

- Fitness Heptathlon Registration Closes
- Baseline Scores & Week 1 Lifestyle Surveys due



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 SONA Move Registration Opens	2	3	4	5	6	7
8 Log your Fit5! 	9	10	11 Fall Season Town Hall Meeting 4:30-5:30pm	12	13	14 Fall Season Town Hall Meeting 10:00 -11:00am
15 Log your Fit5! 	16	17	18	19	20	21
22 Log your Fit5! 	23	24	25	26	27	28
29 Log your Fit5! 	30	31 Athletes complete Week 6 Lifestyle Survey				



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Athletes complete Week 6 Lifestyle Survey.		1 SONA Move Training/Webinar	2	3 Final Fitness Heptathlon Scores and Week 6 Lifestyle Surveys due	4  Coach deadline to submit Fit 5 End of Session Evaluation
5 SONA Move Registration Closes	6  Fall Season Starts	7	8	9	10	11
12	13  SONA Move Challenge Starts	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		