


 12 WEEK
 

LIVING WELL SCHEDULE

	M	T	W	T	F
WEEK 1					Oct 7
WEEK 2			Oct 12		Oct 14
WEEK 3			Oct 19		Oct 21
WEEK 4			Oct 26		Oct 28
WEEK 5			Nov 2		Nov 4
WEEK 6			Nov 9		Nov 11
WEEK 7		Nov 15			Nov 18
WEEK 8		Nov 22	Nov 23		
WEEK 9			Nov 30	Dec 1	
WEEK 10			Dec 7		Dec 9
WEEK 11		Dec 13	Dec 14		
WEEK 12			Dec 21		Dec 23