




SEPTEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
5	6 START STRENGTH SESSION 1 WEEK 1	7	8 ZOOM SESSION 7:30PM	9	10 STRENGTH SESSION 2	11
12  OVERVIEW EMAIL	13 STRENGTH SESSION 1 WEEK 2	14	15	16	17 STRENGTH SESSION 2	18
19  OVERVIEW EMAIL	20 STRENGTH SESSION 1 WEEK 3	21	22	23	24 STRENGTH SESSION 2	25
26  OVERVIEW EMAIL	27 STRENGTH SESSION 1 WEEK 4	28	29 ZOOM SESSION 7:30PM	30	1 STRENGTH SESSION 2	2

OCTOBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
3  OVERVIEW EMAIL	4 STRENGTH SESSION 1 WEEK 5	5	6	7	8 STRENGTH SESSION 2	9
10  OVERVIEW EMAIL	11 STRENGTH SESSION 1 WEEK 6	12	13	14	15 STRENGTH SESSION 2	16
17  OVERVIEW EMAIL	18 STRENGTH SESSION 1 WEEK 7	19	20 ZOOM SESSION 7:30PM	21	22 STRENGTH SESSION 2	23
24  OVERVIEW EMAIL	25 STRENGTH SESSION 1 WEEK 8	26	27	28	29 STRENGTH SESSION 2	30

NOVEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31  OVERVIEW EMAIL	1 STRENGTH SESSION 1 WEEK 9	2	3	4	5 STRENGTH SESSION 2	6
7  OVERVIEW EMAIL	8 STRENGTH SESSION 1 WEEK 10	9	10 ZOOM SESSION 7:30PM	11	12 STRENGTH SESSION 2	13
14  OVERVIEW EMAIL	15 STRENGTH SESSION 1 WEEK 11	16	17	18	19 STRENGTH SESSION 2	20
21  OVERVIEW EMAIL	22 STRENGTH SESSION 1 WEEK 12	23	24 ZOOM SESSION 7:30PM	25	26 STRENGTH SESSION 2	27 
28 	29	30	1	2	3	4