

SCHEDULE



12-WEEK WEIGHT LOSS CHALLENGE

For Windsor Assembly Plant

	Mon	Tue	Wed	Thu	Fri
DATES	DOOR LINE 2nd floor	WELLNESS ROOM in cafeteria near CAW office	Cafeteria, 2nd floor PAINT or BIW	WELLNESS ROOM in cafeteria near CAW office	Cafeteria, 2nd floor BODY IN WHITE
Week of May 31		12:30pm to 6:30pm	6am to 9am 2pm to 5pm in Body in White	4:30am to 10:30am	
Week of June 7		12:30pm to 6:30pm	6am to 9am 2pm to 5pm in Paint	4:30am to 10:30am	
Week of June 14*	6am to 9am* 2pm to 5pm*	12:30pm to 6:30pm*	6am to 9am* 2pm to 5pm* in Paint	4:30am to 10:30am*	6am to 9am* 2pm to 5pm*
MID POINT					
Week of June 21		12:30pm to 6:30pm	6am to 9am 2pm to 5pm in Body in White	4:30am to 10:30am	
Week of June 28		12:30pm to 6:30pm	6am to 9am 2pm to 5pm in Paint	/	
Week of July 5		12:30pm to 6:30pm	6am to 9am 2pm to 5pm in Body in White	4:30am to 10:30am	
Week of July 12	SHUTDOWN				
Week of July 19					
Week of July 26		12:30pm to 6:30pm	6am to 9am 2pm to 5pm in Paint	4:30am to 10:30am	
Week of August 2*	/	12:30pm to 6:30pm*	6am to 9am* 2pm to 5pm* in Paint	4:30am to 10:30am*	6am to 9am* 2pm to 5pm*
FINAL					
Week of August 9*	6am to 9am* 2pm to 5pm*		6am to 9am 2pm to 5pm in Body in White		

Questions?

email us at poundsforrelief@workingtowardwellness.ca

REMEMBER TO WEIGH IN THESE WEEKS*

