

WHAT GOALS DO YOU HOPE TO ACHIEVE THIS MONTH?

WHAT IS MOTIVATING YOU TO ACCOMPLISH THIS CHALLENGE?

Need a virtual workout class? Click [here](#) to visit the YWCA Hamilton schedule

THURSDAY 30	FRIDAY 01	SATURDAY 02	NOTES
	Move More for Encore Challenge Begins!		

OCTOBER

WEEK 01

Don't forget to bring this document with you to every Virtual Check-in!

Move More for
ENCORE #EncoreWarriors





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SUNDAY 03	MONDAY 04	TUESDAY 05	WEDNESDAY 06
<p>Set some goals!</p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p>Show us how you move! #MotivationalMonday #EncoreWarriors</p>		
THURSDAY 07	FRIDAY 08	SATURDAY 09	NOTES
<p>Virtual Check-in Topic: Fundraising & Goal Setting 4:30 p.m.</p>			


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WEEK 02

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SUNDAY 10	MONDAY 11	TUESDAY 12	WEDNESDAY 13
 Set some goals! <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	 Show us how you move! #MotivationalMonday #EncoreWarriors		

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THURSDAY 14	FRIDAY 15	SATURDAY 16	NOTES
 Virtual Check-in Topic: <i>Living Life to the Fullest</i> 4:30 p.m.			

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WEEK 03

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SUNDAY 17	MONDAY 18	TUESDAY 19	WEDNESDAY 20
 <p>Set some goals!</p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	 <p>Show us how you move! #MotivationalMonday #EncoreWarriors</p>		
THURSDAY 21	FRIDAY 22	SATURDAY 23	NOTES
 <p>Virtual Check-in Topic: The Motivation to Move 4:30 p.m.</p>			

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WEEK 04

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<p>SUNDAY 24</p>  <p>Set some goals!</p> <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p>MONDAY 25</p>  <p>Show us how you move! #MotivationalMonday #EncoreWarriors</p>	<p>TUESDAY 26</p>	<p>WEDNESDAY 27</p>
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<p>THURSDAY 28</p>  <p>Virtual Check-in Topic: Almost There Celebration 4:30 p.m.</p>	<p>FRIDAY 29</p>	<p>SATURDAY 30</p>  <p>Warrior Rally 12:00 p.m.</p>	<p>NOTES</p>
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WEEK 05