
**Schedule**

March 4 Applications Deadline

March 8 Communication to Participants

March 9-18 Participants pre-challenge requirements scheduled and completed
 RebelWell Registered Dietitian to perform initial weigh in, Nutrition consultation in coordination with DEXA scan

March 21 Challenge Begins!

March 21- May 12 Challenge!

 Mondays – Thursday 4:30pm workouts; location Tad Pad

 Friday workouts - Challenger’s choice

 Saturday workout (optional)- LOU on the Move group fitness class; Locations vary

March 21- May 12 Individual or group nutrition consultations (at least 1 group consult per participant. Schedule as follows:

 A group consultation will be scheduled in April and individual consults may be scheduled throughout the challenge as needed. Contact maanaya@olemiss.edu

May 12 Challenge ends

May 16 –May 20 Final Weigh ins, Final nutrition consult

Week of May 23rd Challenge Wrap up and Awards event