

Summer Glow Boot Camp

Visit www.ohsheglows.com/SGBC for all the details! Please note: This calendar is subject to change.

July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Week 1: Reflection: How we think, feel, and perceive our current selves</p>			<p>1 SGBC Kick-off Party!! Exercises: 1, 2,3 Canada Day!! Contest: Sidebar image- On The Glo Bars</p>	<p>2 TOPIC: Angela on "Dear Body" CONTEST: Book Buddy giveaway!</p>	<p>3 TOPIC: Angela on "Reflection Exercise #2" Exercises: 4,5,6</p>	<p>4 Zesty Cook: Healthy Recipe #1 Independence Day!!</p>
<p>5 Week 2: Goal Setting Last chance to enter my Sidebar image contest! Exercises: 7,8,9, 10</p>	<p>6 TOPIC: Angela on "Let's Set Some Goals!" CONTEST: Neal Brothers Canadian loot Bag</p>	<p>7 TOPIC: Stacy on 'Exercise and hydration!' Exercises: 11,12</p>	<p>8 TOPIC: Interview Valerie Waters, Celebrity Food Coach and Trainer to Hollywood's elite</p>	<p>9 Zesty Cook: Healthy Recipe #2 Exercises: 13,14, 15</p>	<p>10 SPECIAL: Angela on her TOP 5 weight loss strategies</p>	<p>11 Exercises: Guest Exercise with Stacy Draw: 'Glo Bakery On The Glo Bars'</p>
<p>12 Week 3: Getting over the HUMP (motivation issues)</p>	<p>13 TOPIC: Caitlin on "Finding motivation!" CONTEST: Draw for Amazing Grass 3rd prize</p>	<p>14 TOPIC: Kath on "How to fuel workouts!" Exercises: 16,17,18</p>	<p>15 Exercises: Guest Exercise with April, plus 19, 20</p>	<p>16 Operation Beautiful: Write yourself a love note!</p>	<p>17 Zesty Cook: Healthy Recipe #3 Exercises: 21,22</p>	<p>18 TOPIC: Madison on "Friends Getting Fit"</p>
<p>19 Week 4: It's all about the self-love baby Exercises: 23, 24, 25, 26</p>	<p>20 TOPIC: Angela: on "Learning to love the journey" CONTEST: Draw for Amazing Grass 2nd prize</p>	<p>21 Zesty Cook: Healthy Recipe #4 Exercises: 27, 28, 29, 30 CONTEST: Neal Brothers Canadian loot Bag</p>	<p>22 Exercise: Bobbi's Mini Living Room Boot camp Session #1</p>	<p>23 TOPIC: Leslie on 'feeling confident in summer clothes!' Exercises: 31, 32</p>	<p>24 TOPIC: Micco on "Healthy Snacking"</p>	<p>25 Operation Beautiful: Write yourself a love note! Exercises:33, 34, 35</p>
<p>26 Week 5: Where do we go from here?</p>	<p>27 Exercises: 36, 37, 38</p>	<p>28 Exercises: 39, 40, 41</p>	<p>29 Operation Beautiful: Write yourself a love note!</p>	<p>30 TOPIC: Angela on "Keep Your Eye On the Prize" Exercises: 42, 43, 44</p>	<p>31 Last day of SGBC!! CLOSING CEREMONIES! CONTEST: Draw for Amazing grass grand prize @ 8pm EST!</p>	<p>August 1 CONTEST: Your photoshoot contest submissions are due at noon EST on August 2nd.</p>