

## Remember to LOG your miles online: https://howdyhealth.org/

Calendar at a Glance: Week 1: March 11 - 17

Week 4: April 1 - 7 Week 2: March 18 - 24

Week 5: April 8 - 14

Week 7: April 22 - 28 Week 8: April 29 - May 6

MARCH

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CROSS TEXAS!	https://howdyheal	th.org/	Week 2: March 18 Week 3: March 2		April 8 - 14 Week April 15 - 21	8: April 29 - May
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
	4	5	6	7	8	9
)	11 Week 1	12 Week 1	13 Week 1	14 Week 1	15 Week 1	16 Week 1
Registration Deadline	START					
17 Week 1	18 Week 2	19 Week 2	20 Week 2	21 Week 2	22 Week 2	23 Week 2
	Deadline: Wk 1 Miles		Deadline: Recipe Challenge		Newsletter 1	
24 Week 2	25 Week 3	26 Week 3	27 Week 3	28 Week 3	29 Week 3	30 Week 3
	Deadline: Wk 2 Miles		Deadline: Recipe Challenge		Newsletter 2	
Week 3						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Guil	1 Week 4	2 Week 4	3 Week 4	4 Week 4	5 Week 4	6 Week 4
	Deadline: Wk 3 Miles		Deadline: Recipe Challenge		Newsletter 3	
Week 4	8 Week 5	9 Week 5	10 Week 5	11 Week 5	12 Week 5	13 Week 5
	Deadline: Wk 4 Miles		Deadline: Recipe Challenge		Newsletter 4	
4 Week 5	15 Week 6	16 Week 6	17 Week 6	18 Week 6	19 Week 6	20 Week 6
	Deadline: Wk 5 Miles		Deadline: Recipe Challenge		Newsletter 5	
21 Week 6	22 Week 7	23 Week 7	24 Week 7	25 Week 7	26 Week 7	27 Week 7
	Deadline: Wk 6 Miles		Deadline: Recipe Challenge		Newsletter 6	
28 Week 7	29 Week 8	30 Week 8				
	Deadline: Wk 7 Miles					
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Week 8	2 Week 8	3 Week 8	4 Week 8
			Deadline: Recipe Challenge		Newsletter 7	
Week 8	6 Deadline:	7	8	9	10 Deadline to	11
LAST DAY	Wk 8 Miles				Enter All Miles & complete online survey	
	13	14	15	16	17 Last Newsletter.	18
					Winners Announced	
	20	21	22	23	24	25
6	27	28	29	30	31	