

# Promotion Period

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>PROMOTION WEEK ONE</b>  <i>Social Media Post (Teaser)</i>	<i>Website/Blog Post</i>	<i>Hang flyers</i>	<i>Social Media Post#1</i>  <i>Coaches Meeting</i>		
	<b>PROMOTION WEEK TWO</b>	<i>Send Email #1</i>	<i>Social Media Post #2</i>			
	<b>PROMOTION WEEK THREE</b>  <i>Send Email #2</i>	<i>Social Media Post#3</i>	<i>Members Meeting</i>		<i>Social Media Post #4 (Last Call)</i>	
	<b>CHALLENGE STARTS (SEE NEXT PAGE)</b>					