

February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23 ORIENTATION 7:00 PM Huntington Hospital	24	25	26	27
28	Healthier Tomorrows Pediatric Weight Management Program (631) 351-7923					

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 DOCTOR & NUTRITIONIST By Appointment Dolan Center 6:00-8:00 PM	2	3 EXERCISE 4:30-5:30 PM	4	5	6
7	8 EXERCISE 4:30-5:30 PM	9	10 EXERCISE 4:30-5:30 PM	11	12	13
14	15 EXERCISE 4:30-5:30 PM	16	17 EXERCISE 4:30-5:30 PM	18	19	20
21	22 EXERCISE 4:30-5:30 PM	23	24 EXERCISE 4:30-5:30 PM	25	26	27
28	29 EXERCISE 4:30-5:30 PM	30	31 EXERCISE 4:30-5:30 PM	Healthier Tomorrows Pediatric Weight Management Program (631) 351-7923		

April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Healthier Tomorrows Pediatric Weight Management Program (631) 351-7923				1	2	3
4	5 VACATION	6	7 EXERCISE 4:30-5:30 PM	8	9	10
11	12 DOCTOR & NUTRITIONIST By Appointment Dolan Center 6:00-8:00 PM	13	14 EXERCISE 4:30-5:30 PM	15	16	17
18	19 EXERCISE 4:30-5:30 PM	20	21 EXERCISE 4:30-5:30 PM	22	23	24
25	26 EXERCISE 4:30-5:30 PM	27	28 EXERCISE 4:30-5:30 PM	29	30	

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 EXERCISE 4:30-5:30 PM	4	5 EXERCISE 4:30-5:30 PM	6	7	8
9	10 EXERCISE 4:30-5:30 PM	11	12 EXERCISE 4:30-5:30 PM	13	14	15
16	17 DOCTOR By Appointment Dolan Center 6:00-8:00 PM	18	19 EXERCISE 4:30-5:30 PM	20	21	22
23	24 EXERCISE 4:30-5:30 PM	25	26 EXERCISE 4:30-5:30 PM	27	28	29
30	31 VACATION	Healthier Tomorrows Pediatric Weight Management Program (631) 351-7923				

June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 EXERCISE 4:30-5:30 PM	3	4	5
6	7 EXERCISE 4:30-5:30 PM	8	9 EXERCISE 4:30-5:30 PM	10	11	12
13	14 EXERCISE 4:30-5:30 PM	15	16 EXERCISE 4:30-5:30 PM	17	18	19
20	21	22	23 EXERCISE 4:30-5:30 PM	24	25	26
27	28	28	30 EXERCISE 4:30 – 5:30 PM DOCTOR (YMCA) 4:30 – 5:30 PM	Healthier Tomorrows Pediatric Weight Management Program (631) 351-7923		