

February

2024

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|-----|-----|-----|-----|-----|
| 28 | 29 | 30 | 31 | 1 | 2 | 3 |
| 4 | 5 Weight loss Challenge 2/5-29 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 Zoom Learn at Lunch: Mental Wellness | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 1 | 2 |

Notes:

Zoom Learn at Lunch: Mental Wellness

<https://okstate-edu.zoom.us/j/92910165549?pwd=UE5KQzJXS21jK0daNm5CNEUxRUpvQT09>

Meeting ID: 929 1016 5549

Passcode: 681446

Weight Loss Challenges begins 2/1-29

