



SEPTEMBER 2020 CALENDAR OF LIVE EVENTS



SUN

MON

TUE

WED

THU

FRI

SAT

6th

TEEN MENTORSHIP #1 (GOALS)

13th

FAMILY MENU PLANNING

TEEN MENTORSHIP #2 (LUNCH PREP)

20th

PERFORMANCE KITCHEN CHALLENGE

PERFORMANCE KITCHEN CHALLENGE

PERFORMANCE KITCHEN CHALLENGE

TEEN MENTORSHIP #3 (ADVANCED NUTRITION)

PERFORMANCE KITCHEN CHALLENGE

CELEBRATION & AWARDS

THE ENTIRE SPORTS FAMILY

Performance Kitchen Challenge

Sept 21-22-23-24

THE SUPER KIDS F-GAMES

- Superfoods = Eggplant & Mushrooms



THE TEEN F-GAMES

- Superfood proof of Eggplant by Sept 10
- Performance Soup proof by Sept 17
- Superfood proof of Mushrooms by Sept 24



OCTOBER 2020 CALENDAR OF LIVE EVENTS



SUN

MON

TUE

WED

THU

FRI

SAT

4th

TEEN MENTORSHIP #1 (GOALS)

11th

FAMILY MENU PLANNING

TEEN MENTORSHIP #2 (LUNCH PREP)

18th

CHALLENGE

CHALLENGE

CHALLENGE

TEEN MENTORSHIP #3 (ADVANCED NUTRITION)

CHALLENGE

CELEBRATION & AWARDS

THE ENTIRE SPORTS FAMILY

Performance Kitchen Challenge

Oct 19-20-21-22

THE SUPER KIDS F-GAMES

- Superfoods = Celery & Cauliflower



THE TEEN F-GAMES

- Superfood proof of Celery by Oct 8
- Performance Travel Kit proof by Oct 15
- Superfood proof of Cauliflower by Oct 22