

4:13 STRONG

GET INVOLVED IN 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY			F3 Workout 5:30am Fellowship Dinner* 6:00pm	Lunch & Learn* 11:30am
			1	2
	F3 Run 5:30am		F3 Workout 5:30am Fellowship Dinner* 6:00pm	Signing Day* 11:30am
5	6	7	8	9
Mentoring 6:30pm			Standing Strong Dinner 6:00pm	
12	13	14	15	16
Mental Toughness Week 8:00am - 3:00pm				
Mentoring 6:30pm	19	20	21	22
Mentoring 6:30pm	F3 Run 5:30am Naming Ceremony 6:00pm		F3 Workout 5:30am Fellowship Dinner* 6:00pm	Game Night* 6:00pm
26	27	28	29	30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST	F3 Run 5:30am		F3 Workout 5:30am Fellowship Dinner* 6:00pm	Authentic Man 7:30am Lunch & Learn* 11:30am Game Night* 6:00pm
Mentoring 6:30pm			5	6
Mentoring 6:30pm	F3 Run 5:30am		F3 Workout 5:30am Fellowship Dinner* 6:00pm	Authentic Man 7:30am Lunch & Learn* 11:30am Game Night* 6:00pm
9	10	11	12	13
Mentoring 6:30pm	F3 Run 5:30am		F3 Workout 5:30am Fellowship Dinner* 6:00pm	Authentic Man 7:30am Lunch & Learn* 11:30am Game Night* 6:00pm
16	17	18	19	20
Mentoring 6:30pm	F3 Run 5:30am		F3 Workout 5:30am Fellowship Dinner* 6:00pm	Authentic Man 7:30am Lunch & Learn* 11:30am Game Night* 6:00pm
23	24	25	26	27
Mentoring 6:30pm	F3 Run 5:30am			
30	31			

Get event details at 413strong.org/events

*Registration required. Sign up at 413strong.org/events

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER			F3 Workout 5:30am Fellowship Dinner* 6:00pm	Lunch & Learn* 11:30am
		1	2	3
	F3 Run 5:30am		F3 Workout 5:30am Fellowship Dinner* 6:00pm	Signing Day* 11:30am
6	7	8	9	10
Mentoring 6:30pm			Finish Strong Breakfast* 7:00am	
13	14	15	16	17
Mental Toughness Week 8:00am - 3:00pm				
Mentoring 6:30pm				
20	21	22	23	24
Mentoring 6:30pm	F3 Run 5:30am Naming Ceremony* 6:00pm		F3 Workout 5:30am Fellowship Dinner* 6:00pm	
27	28	29	30	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER				Golf Tournament* 7:00am
				Game Night* 6:00pm
Mentoring 6:30pm	F3 Run 5:30am		F3 Workout 5:30am Fellowship Dinner* 6:00pm	Authentic Man 7:30am Lunch & Learn* 11:30am Game Night* 6:00pm
4	5	6	7	8
Mentoring 6:30pm	F3 Run 5:30am		F3 Workout 5:30am Fellowship Dinner* 6:00pm	Authentic Man 7:30am Lunch & Learn* 11:30am Game Night* 6:00pm
11	12	13	14	15
Mentoring 6:30pm	F3 Run 5:30am		F3 Workout 5:30am Fellowship Dinner* 6:00pm	Authentic Man 7:30am Lunch & Learn* 11:30am Game Night* 6:00pm
18	19	20	21	22
Mentoring 6:30pm	F3 Run 5:30am		F3 Workout 5:30am Fellowship Dinner* 6:00pm	Authentic Man 7:30am Lunch & Learn* 11:30am Game Night* 6:00pm
25	26	27	28	29

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