

12WEEKCHALLENGE.NET.AU 12WEEK CHALLENGE

Week	Date	Time	Description	
1	Saturday 14th August START CHALLENGE	6:00am-8:30am	Testing day 1	Photos, girth measurements, weight, blood pressure & body fat
1	Thursday 19 th of August	7:30pm-8:15pm	Discussion Group 1	Nutrition: Protein, Carbohydrates + Fat and your daily meal plans
2	Thursday 26 th of August	7:30pm-8:15pm	Discussion Group 2	Nutrition: Demystifying Food Labels (sugars, fats and calories) presented by a dietician
3	Thursday 2 nd of September	7:30pm-8:15pm	Discussion Group 3	Nutrition: Introducing different meal options specific to your calorie intake
4	Thursday 9 th of September	7:30pm-8:15pm	Group Activity 1	Come and join the Personal Trainers for an intense workout
	Saturday 11th of September	6:00am-8:30am	Testing day 2	Girth measurements, weight, blood pressure & body fat
5	Thursday 16 th of September	7:30pm-8:15pm	Discussion Group 4	Nutrition: Design a meal for 2 under \$15 following macronutrient breakdown for your specific needs
6	Thursday 23 rd of September	7:30pm-8:15pm	Group Activity 2	Come and join the Personal Trainers for an intense workout
	Saturday 25th of September	TBA	Half way Event Ten Pin Bowling	
7	Thursday 30 th of September	7:30pm-8:15pm	Discussion Group 5	Motivational Talk
8	Thursday 7 th of October	7:30pm-8:15pm	Group Activity 3	Come and join the Personal Trainers for an intense workout
	Saturday 9th of October	6:00am-8:30am	Testing day 3	Girth measurements, weight, blood pressure & body fat
9	Thursday 14 th of October	7:30pm-8:15pm	Discussion Group 6	Advanced Nutrition, eating out, Different meal options
10	Thursday 21 st of October		Free Week	
11	Thursday 28 th of October	7.30pm-8:15pm	Discussion Group 7	Post challenge planning- Maintenance & setting new goals
12	Thursday 4 th of November	7.30pm-8:15pm	Group Activity 4	Last chance workout- Join our trainers for your last intense workout
	Saturday 6th of November CHALLENGE FINISH	6:00am-8:30am	Testing day 4	Photos, girth measurements, weight, blood pressure & body fat



For Real People

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