

12WEEKCHALLENGE.NET.AU 12WEEK CHALLENGE

Week	Date	Time		Description
	Wednesday 28th July Intro seminar	7.15pm	Seminar	Trainer introductions, sneak preview of manual & website, goal setting etc...
	Saturday 14th August START		Testing	Photos, girth measurements, weight, blood pressure & body fat
1	Tuesday 17th	6.30pm Bardon Club	Discussion	Nutrition: Protein, Carbohydrates + Fat and your daily meal plans Goal setting, reading manual effectively.
1	Saturday 21st	8.00am Ashgrove		Group Bonding Games Day
2	Tuesday 24th	6.30pm Bardon Club	Discussion	Nutrition: Demystifying Food Labels (sugars, fats and calories) presented by a dietician
2	Saturday 28th	6.30am Ashgrove	Group Activity	Mount Coot-tha Hike
3	Tuesday 31 st	6.30pm Bardon Club		Nutrition: Introducing different meal options specific to your calorie intake
3	Saturday 4 th September			
4	Saturday 11th	TBA	Testing	Girth measurements, weight, blood pressure & body fat
5	Tuesday 14th	6.30pm Bardon Club	Discussion	Nutrition: Shopping tour. Design a meal for 2 under \$15 following macronutrient breakdown for your specific needs
5	Saturday 18th		Activity	
6	Saturday 25th	TBA		Half way Event Bring a Friend!!!
7	Tuesday 28th			
8	Saturday 2 nd October	7.30am Ashgrove	Activity	Amazing Race around Ashgrove
8	Saturday 9th	TBA	Testing	Girth measurements, weight, blood pressure & body fat
9	Tuesday 12th	6.30pm Bardon Club	Discussion	Advanced Nutrition, eating out, Different meal options
10	Saturday 23rd			Kick Bikes through Brisbane City extra \$15 per person Bring a Friend!!!
11	Tuesday 26th	6.30pm Ashgrove Club	Discussion	Post challenge planning- Maintenance & setting new goals
12	Tuesday 2 nd	6.30pm Ashgrove Club	Activity	Last chance workout- Join our trainers for your last intense workout
12	Saturday 6th Nov FINISH	TBA	Testing	Photos, girth measurements, weight, blood pressure & body fat



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