

Week	Date	Time		Description
1	Saturday 14 th August	8:00 -12:00	Testing day	Photos, girth measurements, weight, blood pressure & body fat
1	Tuesday 17 th	6:30pm	Discussion	Nutrition: Protein, Carbohydrates + Fat and your daily meal plans
1	Saturday 21 st	6.30am	Activity	Mount Coot-tha Bush Walk
2	Tuesday 24 th	6:30pm	Discussion	Nutrition: Demystifying Food Labels (sugars, fats and calories) presented by a dietician
2	Saturday 28 th	8.00am	Activity	Thai Boxing and Bootcamp
3	Tuesday 31 st	6:30pm	Discussion	Nutrition: Introducing different meal options specific to your calorie intake
3	Saturday 4 th	7.00am	Activity	Kangaroo Point Cliff workout
4	Saturday 11 th	8:00 -12:00	Testing day	Girth measurements, weight, blood pressure & body fat
5	Tuesday 14 th	6:30pm	Discussion	Nutrition: Shopping tour. Design a meal for 2 under \$15 following macronutrient breakdown for your specific needs
5	Saturday 18 th	8.00am	Activity	Surprise Location Workout
6	Saturday 25 th	8.00am	Half way Event	
7	Tuesday 28 th	6.30pm	Discussion	Motivation- using group dynamics for success
8	Tuesday 5 th	6:30pm	Activity	Orienteering with your trainers in your local area
8	Saturday 9 th	8:00 -12:00	Testing day	Girth measurements, weight, blood pressure & body fat
9	Tuesday 12 th	6:30pm	Discussion	Advanced Nutrition (Mixing Macro-nutrients), eating out, different meal options
9	Saturday 16 th	8.00am	Activity	Botanic Gardens Workout
10	Tuesday 19 th	6:30pm	Discussion	Post challenge planning- Maintenance & setting new goals
11	Tuesday 26 th	6.30pm	Activity	Run the Streets of Bardon
11	Saturday 30 th	6.30am	Activity	Surprise Location Workout
12	Tuesday 2 nd	6:30pm	Activity	Last Chance Training with Trainers
12	Saturday 6 th FINISH	8:00 -12:00	Testing day	Photos, girth measurements, weight, blood pressure & body fat



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