

Week	Date	Time		Description
	Thurs 12 th Aug	6:30pm	Intro Group Discussion 1	Goal setting and getting started
1	Sat 14 th Aug Start		Testing day 1	Photos, girth measurements, weight, blood pressure & body fat
1	Thursday 19 th Aug	6:30pm	Group Discussion 2	Nutrition: Protein, Carbohydrates & Fat - your daily meal plans
2	Thursday 26 th Aug	6:30pm	Group Discussion 3	Nutrition: Understanding food labels and content & eating out.
3	Thursday 2 nd Sep	6:30pm	Group Discussion 4	Masterclass: Guest Nutritionist demonstrates preparation for 2 dinners under \$15 following healthy and low fat nutrient content.
4	Thursday 9 th Sep	6:30pm	Group Activity 1	Come and join the Personal Trainers for an intense group workout.
	Sat 11 th Sep		Testing day 2	Girth measurements, weight, blood pressure & body fat
5	Thursday 16 th Sep	6:30pm	Group Discussion 5	Cook Off: With recipes provided prepare a healthy snack option for the group to share.
6	Thursday 23 rd Sep	6:30pm	Group Activity 2	Physical Challenge: Come and join the Personal Trainers for a boot camp style workout. Meet in gym lounge.
	Sat 25 th Sep	TBA	Half way Event	
7	Thursday 30 th Sep	6:30pm	Group Discussion 6	Motivation: Keys To Success (guest speakers).
8	Thursday 7 th Oct	6:30pm	Group Activity 3	Amazing RACE: With your trainers in your local area. Meet in gym lounge (prizes to be won).
	Sat 9 th Oct		Testing day 3	Girth measurements, weight, blood pressure & body fat
9	Thursday 14 th Oct			Free Week
10	Thursday 21 st Oct	6:30pm	Group Discussion 7	Advanced Nutrition: Fine-tuning your meal plan to get maximum results.
11	Thursday 28 th Oct	6:30pm	Group Discussion 8	Post challenge planning- Maintenance & setting new goals
12	Thursday 4 th Nov	6:30pm	Group Activity 4	Beach session-:Join our trainers for your last intense workout. Meet at Kings Beach.
	FINISH Sat 6 th Nov		Testing day	Girth measurements, weight, blood pressure & body fat