

# Carseldine Agenda

Week	Date	Time		Description
	<b>Info Seminar 28/7 &amp; 7/8</b>	<b>7:30pm 8:00am</b>	<b>Seminar</b>	<b>Trainer introductions, sneak preview of manual &amp; website, goal setting etc...</b>
	<b>Saturday 14<sup>th</sup> August</b>	<b>8am to 10am</b>	<b>First testing and photo</b>	<b>Photos, girth measurements, weight, blood pressure &amp; body fat</b>
	Wed 18 <sup>th</sup> Aug	7:30pm	Group Discussion 1	Nutrition: Protein, Carbohydrates & Fat - your daily meal plans with
2	Wed 25 <sup>th</sup> Aug	7:30pm	Group Discussion 2	Nutrition: Understanding Food Labels and Content
	Sat 28 <sup>th</sup> Aug	10:30am		Zumba Class & Healthy Snacks (retro gear)
3	Wed 1 <sup>st</sup> sep	7:30pm	Group Discussion 3	Nutrition: Different Meal Options and Cheat Meals
4	Wed 8 <sup>th</sup> sep	7:30pm	Seminar	Weight Management Psychology
	<b>Saturday 11<sup>th</sup> Sep</b>	<b>8am to 10am</b>	<b>Testing day 2</b>	<b>Girth measurements, weight, blood pressure &amp; body fat</b>
	Wed 15 <sup>th</sup> Sep	7:30pm	Group Activity	Group Boxing Class
6	Wed 22 <sup>nd</sup> Sep	7:30pm	Group Activity	Come and join the Personal Trainers for an intense workout
	<b>Saturday 25<sup>th</sup> Sep</b>	<b>8:00am</b>	<b>Half Way Event- Trainer Master Cooking Class and examples of Shopping trips</b>	
7	Wed 29 <sup>th</sup> Sep	7.30pm	Group Discussion 4	Motivation session with Trainers Pedro!
8	Wed 6 <sup>th</sup> Oct	7:30pm	Group Discussion 5	Advanced Nutrition – Workout nutrition / eating out and fine-tuning your meal plan
	<b>Saturday 9<sup>th</sup> Oct</b>	<b>8am to 10am</b>	<b>Testing day 3</b>	<b>Girth measurements, weight, blood pressure &amp; body fat</b>
	Wed 13 <sup>th</sup> Oct	7:30pm	Group Activity	Come and join the Personal Trainers for an intense BOXING workout
10	Sat 23rd Oct	8:00am	Group Activity	Sandgate Beach Iron Man Challenge
11	Wed 27 <sup>th</sup> Oct	7:30pm	Group Discussion 6	Post challenge planning- Maintenance & setting new goals
12	Wed 3 <sup>rd</sup> Nov	7:30pm	Group Activity	Last chance workout- Join our trainers for your last intense workout
	<b>Sat 6<sup>th</sup> Nov</b>	<b>8am to 10am</b>	<b>Final testing and photo</b>	<b>Girth measurements, weight, blood pressure &amp; body fat</b>

