

# City 103 (C) and Wintergarden (W)



Week	Date	Time		Description
	Tuesday 3 <sup>rd</sup> Aug Intro Seminar (1)	7am (C) 6pm (W)	Seminar	Trainer introductions, sneak preview of manual & website, goal setting etc...
	Tuesday 10 <sup>th</sup> Aug Intro seminar (2)	7am (C) 6pm (W)	Seminar	Trainer introductions, sneak preview of manual & website, goal setting etc...
	Thursday 12 <sup>th</sup> AUG	7am (C) 6pm (W)	Discussion 1 Group	Goal setting, reading manual effectively.
1	Friday 13 <sup>th</sup> AUG START CHALLENGE	5:30am – 9:30am	Testing day 1	Photos, girth measurements, weight, blood pressure & body fat
1	Tuesday 17 <sup>th</sup> AUG	7am (C) 6pm (W)	Discussion Group 2	Nutrition: Protein, Carbohydrates + Fat and your daily meal plans
2	Tuesday 24 <sup>th</sup> AUG	7am (C) 6pm (W)	Discussion Group 3	Nutrition: Demystifying Food Labels (sugars, fats and calories) presented by a dietician
3	Tuesday 31 <sup>st</sup> AUG	7am (C) 6pm (W)	Discussion Group 4	Nutrition: Introducing different meal options specific to your calorie intake
4	Tuesday 7 <sup>th</sup> SEPT	7am (C) 6pm (W)	Group Activity 1	Come and join the Personal Trainers for an intense workout
	Friday 10 <sup>th</sup> SEPT	5:30am – 9:30am	Testing day 2	Girth measurements, weight, blood pressure & body fat
5	Tuesday 14 <sup>th</sup> SEPT	7am (C) 6pm (W)	Discussion Group 5	Nutrition: Shopping tour. Design a meal for 2 under \$15 following macronutrient breakdown for your specific needs
6	Tuesday 21 <sup>st</sup> SEPT	7am (C) 6pm (W)	Group Activity 2	Come and join the Personal Trainers for an intense workout
	Saturday 25 <sup>th</sup> SEPT	TBA	Half way Event	
7	Tuesday 28 <sup>th</sup> SEPT	7am (C) 6pm (W)	Discussion 6	Motivational Speaker
8	Tuesday 5 <sup>th</sup> OCT	7am (C) 6pm (W)	Group Activity 4	Come and join the Personal Trainers for an intense workout
	Friday 8 <sup>th</sup> OCT	5:30am – 9:30am	Testing day 3	Girth measurements, weight, blood pressure & body fat
9	Tuesday 12 <sup>th</sup> OCT	7am (C) 6pm (W)	Discussion 7	Adv Advanced Nutrition, eating out, Different meal options
10	Tuesday 19 <sup>th</sup> OCT			Free Week
11	Tuesday 26 <sup>th</sup> OCT	7am (C) 6pm (W)	Group Discussion 8	Post challenge planning- Maintenance & setting new goals
12	Tuesday 2 <sup>nd</sup> NOV	7am (C) 6pm (W)	Group Activity 5	Last chance workout- Join our trainers for your last intense workout
	FRIDAY 5 <sup>th</sup> NOV CHALLENGE FINISH	5:30am – 9:30am	Testing day 4	Photos, girth measurements, weight, blood pressure & body fat

**PRESENTATION DINNER – 27<sup>th</sup> NOV, BRISBANE CONVENTION CENTRE**



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