

12WEEKCHALLENGE.NET.AU 12WEEK CHALLENGE

Week	Date	Time		Description
1	Saturday 14th August START CHALLENGE	7:00am-9:00am	Testing day 1	Photos, girth measurements, weight, blood pressure & body fat
1	Tuesday 17th of August	7pm-7:45pm	Discussion Group 1	Goal Setting and Getting you started
2	Tuesday 24th of August	7pm-7:45pm	Discussion Group 2	Nutrition: Proteins, Fats and Carbohydrates in everyday Life
3	Tuesday 31st of August	7pm-7:45pm	Discussion Group 3	Nutrition: Food Labels
4	Tuesday 7th of September	7pm-7:45pm	Group Activity 1	Come and join the Personal Trainers for an intense workout
	Saturday 11th of September	7:00am-9:00pm	Testing day 2	Girth measurements, weight, blood pressure & body fat
5	Tuesday 14th of September	7pm-7:45pm	Discussion Group 4	Nutrition: Eating when busy and Cheat meals
6	Tuesday 21st of September	7pm-7:45pm	Discussion Group 5	Motivational Talk
	Saturday 25th of September	TBA		Half way Event Healthy Breakfast at the Club
7	Tuesday 28th of September	7pm-7:45pm	Group Activity 2	Come and join the Personal Trainers for an intense workout
8	Tuesday 5th of October	7pm-7:45pm	Group Activity 3	Come and join the Personal Trainers for an intense workout
	Saturday 9th of October	7:00am-9:00am	Testing day 3	Girth measurements, weight, blood pressure & body fat
9	Tuesday 12th of October	7pm-7:45pm	Discussion Group 6	Shopping tour and Breaking down Macro nutrients
10	Tuesday 19 th of October			Participate in one of our Group Fitness classes. (This class must get signed off by the Group Fitness Instructor)
11	Tuesday 26 th of October	7pm-7:45pm	Discussion Group 7	Workout Fuels and Energy Systems
12	Tuesday 2nd of November	7pm-7:45pm	Group Activity 4	Last chance workout- Join our trainers for your last intense workout
	Saturday 6th of November CHALLENGE FINISH	7:00am-9:00am	Testing day 4	Photos, girth measurements, weight, blood pressure & body fat



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