



For Real People

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12WEEK CHALLENGE
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Week	Date	Time	Description	
	Intro Seminar (1)	6.00pm	Seminar	Trainer introductions, sneak preview of manual & website, goal setting etc...
	Thurs Intro seminar (2)	7.15pm	Seminar	Trainer introductions, sneak preview of manual & website, goal setting etc...
	Intro seminar Saturday 7 th AUG	7.15pm	Discussion 1 Group	Goal setting, reading manual effectively.
1	Saturday 14 th START CHALLENGE	9.00am	Testing day 1	Photos, girth measurements, weight, blood pressure & body fat
1	Monday 16 th Aug	6.00pm	Discussion Group 2	Nutrition: Protein, Carbohydrates + Fat and your daily meal plans
2	Monday 23 rd August	6.00pm	Discussion Group 3	Nutrition: Demystifying Food Labels (sugars, fats and calories) presented by a dietician
3	Monday 30 th August	6.00pm	Discussion Group 4	Nutrition: Introducing different meal options specific to your calorie intake
4	Monday 6 th Sept	6.00pm	Group Activity 1	Come and join the Personal Trainers for an intense workout
	Saturday 11 th Sept	9.00am	Testing day 2	Girth measurements, weight, blood pressure & body fat
5	Monday 13 th Sept	6.00pm	Discussion Group 5	Nutrition: Shopping tour. Design a meal for 2 under \$15 following macronutrient breakdown for your specific needs
6	Monday 20 th Sept	7.15pm	Group Activity 2	Come and join the Personal Trainers for an intense workout
	Sunday 26 th Sept lunch	12.00	Half way Event	
7	Monday 27 th Sept	6.00pm	Discussion 6	Motivational Talk
8	Monday 4 th Oct	6.00pm	Group Activity 4	Come and join the Personal Trainers for an intense workout
	Saturday 9 th Oct	TBA	Testing day 3	Girth measurements, weight, blood pressure & body fat
9	Monday 11 th Oct	6.00pm	Discussion 7	Advanced Nutrition, eating out, Different meal options
10	Monday 18 th -24 th		Free Week	
11	Monday 25 th Oct	6.00pm	Group Discussion 8	Post challenge planning- Maintenance & setting new goals
12	Monday 1 st Nov	6.00pm	Group Activity 5	Last chance workout- Join our trainers for your last intense workout
	Saturday 6 th Nov CHALLENGE FINISH		Testing day 4	Photos, girth measurements, weight, blood pressure & body fat



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