

Week	Date	Time	Description	
	Mon 26 <sup>th</sup> July Info seminar (1)	7 pm	Seminar	Trainer introductions, sneak preview of manual & website, goal setting etc...
	Monday 9 <sup>th</sup> August Intro seminar (2)	7pm	Seminar	Trainer introductions, sneak preview of manual & website, goal setting etc...
1	<b>Saturday 14<sup>th</sup> August</b>	7 am	<b>Testing day 1</b>	<b>Photos, girth measurements, weight, blood pressure</b>
1	Monday 16 <sup>th</sup> August	6:30pm	Discussion Group 1/ Group session 1	Nutrition: Protein, Carbohydrates + Fat and your daily meal plans
2	Monday 23 <sup>rd</sup> August	6:30pm	Discussion Group 2/ Group session 2	Demystifying Food Labels (sugars, fats and calories) presented by a dietician
3	Monday 30 <sup>th</sup> August	6:30pm	Discussion Group 3/ group session 3	Cooking Class
4	Monday 6 <sup>th</sup> September	6:30pm	Discussion 4 /Group Activity 4	Nutrition: Introducing different meal options specific to your calorie intake
	<b>Saturday 11<sup>th</sup> September</b>	7 am	<b>Testing day 2</b>	<b>Girth measurements, weight, blood pressure &amp; body fat</b>
5	Monday 13 <sup>th</sup> September	6:30pm	Discussion Group 5	Nutrition: Shopping tour. Design a meal for 2 under \$15 following macronutrient breakdown for your specific needs
6	Monday 20 <sup>th</sup> September	6:30pm	Discussion 7	Motivational Talk
	<b>25<sup>th</sup> September</b>	7am	<b>Half way Event</b>	
7	Monday 27 <sup>th</sup> September	6:30pm	Discussion Group 6 /Group Activity 5	Come and join the Personal Trainers for an intense workout
8	Monday 4 <sup>th</sup> October	6:30pm	Discussion group 8/Group Activity 6	Come and join the Personal Trainers for an intense workout
	<b>Saturday 9<sup>th</sup> October</b>	7am	<b>Testing day 3</b>	<b>Girth measurements, weight, blood pressure &amp; body fat</b>
9	Monday 11 <sup>th</sup> October	6:30pm	Discussion 9/ group session 7	Advanced Nutrition, eating out, Different meal options
10	Monday 18 <sup>th</sup> October	6:30pm	Mystery seminar/ work out	
11	Monday 25 <sup>th</sup> October	6:30pm	Group Discussion 10 /Group session 8	Post challenge planning- Maintenance & setting new goals
12	Monday 1 <sup>st</sup> November	6:30pm	Group Activity 9	Last chance workout- Join our trainers for your last intense workout
	<b>Saturday 6<sup>th</sup> November</b>		<b>Testing day 4</b>	<b>Photos, girth measurements, weight, blood pressure &amp; body fat</b>



