

Week	Date	Time	Description	
	Mon Intro Seminar (1)	6.30pm	Seminar	Trainer introductions, sneak preview of manual & website, goal setting etc...
	Mon Intro seminar (2)	6.30pm	Seminar	Trainer introductions, sneak preview of manual & website, goal setting etc...
	Friday 13 <sup>th</sup> Aug	6.00pm	Discussion 1 Group	Goal setting, reading manual effectively.
1	Saturday 14 <sup>th</sup> Aug START CHALLENGE	7.15am	Testing day 1	Photos, girth measurements, weight, blood pressure & body fat
1	Tuesday 17 <sup>th</sup> Aug	6.30pm	Discussion Group 2	Nutrition: Protein, Carbohydrates + Fat and your daily meal plans
2	Tuesday 24 <sup>th</sup> Aug	6.30pm	Discussion Group 3	Nutrition: Demystifying Food Labels (sugars, fats and calories) presented by a dietician
3	Tuesday 31 <sup>st</sup> Aug	6.30pm	Discussion Group 4	Nutrition: Introducing different meal options specific to your calorie intake
4	Saturday 4 <sup>th</sup> Sept	7.30am	Group Activity 1	Come and join the Personal Trainers for an intense workout
	Saturday 11 <sup>th</sup> Sept	7.15am	Testing day 2	Girth measurements, weight, blood pressure & body fat
5	Tuesday 7 <sup>th</sup> Sept	6.30pm	Discussion Group 5	Nutrition: Shopping tour. Design a meal for 2 under \$15 following macronutrient breakdown for your specific needs
6	Saturday 18 <sup>th</sup> Sept	7.30am	Group Activity 2	Come and join the Personal Trainers for an intense workout
	25 <sup>th</sup> September	TBA	Half way Event	
7	Tuesday 28 <sup>th</sup> Sept	6.30pm	Discussion 6	Motivational Talk
8	Saturday 2nd Oct	7.30am	Group Activity 4	Come and join the Personal Trainers for an intense workout
	9 <sup>th</sup> October	7.15am	Testing day 3	Girth measurements, weight, blood pressure & body fat
9	Tuesday 5 <sup>th</sup> Oct	6.30pm	Discussion 7	Advanced Nutrition, eating out, Different meal options
10			Free Week	
11	Tuesday 19 <sup>th</sup> Oct	6.30pm	Group Discussion 8	Post challenge planning- Maintenance & setting new goals
12	Saturday 30 <sup>th</sup> Oct	7.30am	Group Activity 5	Last chance workout- Join our trainers for your last intense workout
	Saturday 6 <sup>th</sup> Nov CHALLENGE FINISH	7.15am	Testing day 4	Photos, girth measurements, weight, blood pressure & body fat



