

Week	Date	Time	Description	
	Thurs 5th August 2010 Intro Seminar (1)	7.15pm	Seminar	Trainer introductions, sneak preview of manual & website, goal setting etc...
	Thurs 12th August 2010 Intro seminar (2)	7.15pm	Seminar	Trainer introductions, sneak preview of manual & website, goal setting etc...
	Saturday 14th August 2010 START CHALLENGE	TBA	Testing day 1	Photos, girth measurements, weight, blood pressure & body fat
1	Thurs 19th August 2010	7.15pm	Discussion 1 Group	Goal setting, reading manual effectively.
1	Thursday 26 th August 2010	7.15pm	Discussion Group 2	Nutrition: Protein, Carbohydrates + Fat and your daily meal plans
2	Thursday 2 nd September 2010	7.15pm	Discussion Group 3	Nutrition: Demystifying Food Labels (sugars, fats and calories) presented by a dietician
3	Thursday 9 th September 2010	7.15pm	Discussion Group 4	Nutrition: Introducing different meal options specific to your calorie intake
4	Thursday 16 th September 2010	7.15pm	Group Activity 1	Come and join the Personal Trainers for an intense workout
	Saturday 18th September 2010	TBA	Testing day 2	Girth measurements, weight, blood pressure & body fat
5	Thursday 23 rd September 2010	7.15pm	Discussion Group 5	Nutrition: Shopping tour. Design a meal for 2 under \$15 following macronutrient breakdown for your specific needs
6	Thursday 30 th September 2010	7.15pm	Group Activity 2	Come and join the Personal Trainers for an intense workout
	Saturday 2nd October 2010	TBA		Half way Event
7	Thursday 7 th October 2010	7.15pm	Discussion 6 Motivational Talk	Motivational Speaker TBA
8	Thursday 14 th October 2010	7.15pm	Group Activity 4	Come and join the Personal Trainers for an intense workout
	Saturday 16th October 2010	TBA	Testing day 3	Girth measurements, weight, blood pressure & body fat
9	Thursday 21 st October 2010	7.15pm	Discussion 7	Advanced Nutrition, eating out, Different meal options
10	Thursday 28 th October 2010	7.15pm	Free Week	Free Week
11	Thursday 4 th November 2010	7.15pm	Group Discussion 8	Post challenge planning- Maintenance & setting new goals
12	Thursday 11 th November 2010	7.15pm	Group Activity 5	Last chance workout- Join our trainers for your last intense workout
	Saturday 13th November 2010 CHALLENGE FINISH	TBA	Testing day 4	Photos, girth measurements, weight, blood pressure & body fat