February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 6PM ONWARDS DIETICIAN APPOINMENTS + MEAL PLANNING	16 START DAY 7AM PHOTOS + MEASUREMENTS + FITNESS TESTING
17	18	19	20 6PM-7PM GUEST SKEAKER	21	22 6PM-7PM TEAM TRAINING SESSION	23
24	25	26	27 6PM-7PM TEAM TRAINING SESSION	28		

KEY DATES/NOTES:

6pm onwards Fri 15 Feb – Bookings with dietician for those doing meal plans

7am Sat 16 Feb – Challenge starts, photos, measurements and fitness testing @ the gym

6pm Wed 20 Feb – Guest speaker Healthy Lifestyles Australia (setting good habits and realistic goals, being self accountable, food addiction, nutrition)

6pm Friday 22 Feb – Team training session

6pm Wed 27 Feb – Team training session

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8 6PM-7PM TEAM TRAINING SESSION	9
10	11	12	13 6PM-7PM TEAM TRAINING SESSION	14	15 6PM ONWARDS DIETICIAN APPOINMENTS FOLLOW UPS	16
17	18	19	12	21	22 6PM-7PM TEAM TRAINING SESSION	23
24	25	26	27 6PM-7PM TEAM TRAINING SESSION	28	29	30
31						

KEY DATES/NOTES:

6pm Fri 8 March – Team training session

6pm Wed 13 March – Team training session

6pm onwards Fri 15 March – Follow up bookings with dietician for those doing meal plans

6pm Fri 22 March – Team training session

6pm Wed 27 March – Team training session

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 6PM-7PM TEAM TRAINING SESSION	6
7	8	9	10 6PM-7PM TEAM TRAINING SESSION	11	12	13 FINISH DAY 7AM PHOTOS + MEASUREMENTS + FITNESS TESTING 6PM PARTY
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

KEY DATES/NOTES:

6pm Fri 5 April – Team training session

6pm Wed 10 April – Team training session

7am Sat 13 April - Challenge ends, photos, measurements and fitness testing @ the gym

6pm Sat 13 April – PARTY @ Pump Yard! Platters supplied. WINNER announced at party