

JULY 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			June 26 10.30AM ONWARDS DIETICIAN APPOINTMENTS	June 27	June 28 6PM ONWARDS DIETICIAN APPOINTMENTS	June 29 START DAY 5AM ONWARDS PHOTOS + MEASUREMENTS + FITNESS TESTING
June 30	1	2	3 6PM-7PM NUTRITION SEMINAR	4	5 6PM-7PM TEAM TRAINING SESSION	6
7	8	9	10	11	12 6PM-7PM TEAM TRAINING SESSION	13
14	15	16	17	18	19 6PM-7PM TEAM TRAINING SESSION	20
21	22	23	24 10.30AM ONWARDS DIETICIAN APPOINTMENT FOLLOW UPS	25	26 6PM-7PM TEAM TRAINING SESSION	27
28	29	30	31			

KEY DATES/NOTES:

- 10.30am onwards Wed 26 June – Bookings with dietician for those doing Extras Package
- 6pm onwards Fri 28 June– Bookings with dietician for those doing Extras Package
- 5am Sat 29 June – Challenge starts, photos, measurements and fitness testing @ the gym
- 6pm Wed 3 July – Guest speaker Healthy Lifestyles Australia (setting good habits and realistic goals, being self-accountable, food addiction, nutrition)
- 6pm Friday 5 July – Team training session
- 6pm Friday 12 July – Team training session
- 6pm Friday 19 July – Team training session
- 10.30am onwards Wed 24 July – Follow up bookings with dietician for those doing Extras Package
- 6pm Friday 26 July – Team training session

AUGUST 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 6PM-7PM TEAM TRAINING SESSION	3
4	5	6	7	8	9 6PM-7PM TEAM TRAINING SESSION	10
11	12	13	14	15	16 6PM-7PM TEAM TRAINING SESSION	17 TRUEGRIT @ TAMBORINE
18	19	12	21	22	23 6PM-7PM TEAM TRAINING SESSION	24 FINISH DAY 5AM ONWARDS PHOTOS + MEASUREMENTS + FITNESS TESTING 6PM PARTY
25	26	27	28	29	30	

KEY DATES/NOTES:

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- 6pm Fri 2 August – Team training session
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- 6pm Fri 9 August – Team training session
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- 6pm Fri 16 August – Team training session
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- 6pm Fri 23 August – Team training session
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- True Grit for those participating
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- 6pm Sat 24 August – PARTY @ Pump Yard!
Platters supplied. WINNER announced at party.
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- 6pm Sat 24 August – PARTY @ Pump Yard!
Platters supplied. WINNER announced at party.
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