

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

KEY DATES/NOTES:

Wednesday 9 and Thursday 10 October -
Dietician Appointments TBC for those doing
Extras Package

6pm Friday 11 October – Guest speaker
Healthy Lifestyles Australia (setting good
habits and realistic goals, being self-
accountable, food addiction, nutrition)

From 5am Sat 12 October – Challenge starts,
photos, measurements and fitness testing @
the gym (everyone will be given an allocated
time slot)

6pm Friday 18 October – Team training session

6pm Friday 25 October – Team training session

NOV/DEC 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 6PM-7PM TEAM TRAINING SESSION	2
3	4	5	6 DIETICIAN APPOINTMENT FOLLOW UPS	7 DIETICIAN APPOINTMENT FOLLOW UPS	8 6PM-7PM TEAM TRAINING SESSION	9
10	11	12	13	14	15 6PM-7PM TEAM TRAINING SESSION	16
17	18	19	20	21	22 6PM-7PM TEAM TRAINING SESSION	23
24	25	26	27	28	29 6PM-7PM TEAM TRAINING SESSION	30
DEC01	DEC02	DEC03	DEC04	DEC05	DEC06 6PM-7PM TEAM TRAINING SESSION	DEC07 FINISH DAY 5AM ONWARDS PHOTOS + MEASUREMENTS + FITNESS TESTING 6PM PARTY

KEY DATES/NOTES:

6pm Fri 1 November – Team training session

Wednesday 6 and Thursday 7 November -
Dietician Appointment follow ups TBC for
those doing Extras Package

6pm Fri 8 November – Team training session

6pm Fri 15 November – Team training session

6pm Fri 22 November – Team training session

6pm Fri 29 November – Team training session

6pm Fri 6 December – Team training session

5am onwards Sat 7 December - Challenge
starts, photos, measurements and fitness
testing @ the gym

6pm Sat 7 December – PARTY @ Pump
Yard! Platters supplied.

WINNER announced at party.
