

<b>FEB 2020</b>						
<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
						<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> 6PM-7PM NUTRITION SEMINAR W/ TODD - HLA	<b>8</b> <b>START DAY</b> 5AM ONWARDS PHOTOS + MEASUREMENTS + FITNESS TESTING
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> 6PM-8PM TEAM TRAINING + FAT LOSS FUNDAMENTALS SEMINAR W/ DANIEL	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> 6PM-7PM TEAM TRAINING SESSION	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> 6PM-7PM TEAM TRAINING SESSION	<b>29</b>

**KEY DATES/NOTES:**

6pm Friday 7 February - Guest speaker Healthy Lifestyles Australia (setting good habits and realistic goals, being self-accountable, food addiction, nutrition) at the gym

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From 5am Sat 8 February – Challenge starts, photos, measurements and fitness testing @ the gym (everyone will be given an allocated time slot)

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6pm Friday 14 February – Team training session followed by seminar written and delivered by Daniel about the fundamentals of fat loss at the gym

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6pm Friday 21 February – Team training session

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6pm Friday 28 February – Team training session

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<b>MARCH/APRIL 2020</b>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6 6PM-7PM TEAM TRAINING SESSION	7
8	9	10	11	12	13 6PM-7PM TEAM TRAINING SESSION	14
15	16	17	18	19	20 6PM-7PM TEAM TRAINING SESSION	21
22	23	24	25	26	27 6PM-7PM TEAM TRAINING SESSION	28
29	30	31	APR1	APR2	APR3 6PM-7PM TEAM TRAINING SESSION	APR4 FINISH DAY 5AM ONWARDS PHOTOS + MEASUREMENTS + FITNESS TESTING 6PM PARTY

**KEY DATES/NOTES:**

6pm Fri 6 March – Team training session

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6pm Fri 13 March – Team training session

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6pm Fri 20 March – Team training session

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6pm Fri 27 March – Team training session

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6pm Fri 3 April – Team training session

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5am onwards Sat 4 April - Challenge ends, photos, measurements and fitness testing @ the gym

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6pm Sat 4 April – PARTY @ Pump Yard! Platters supplied.

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WINNER announced at party.

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