

|          |                                  |               |  |   |
|----------|----------------------------------|---------------|--|---|
|          | <b>Tue<br/>Intro Seminar (1)</b> | <b>6:00pm</b> | <b>Seminar</b>   | <b>Trainer introductions, sneak preview of manual &amp; website, goal setting etc...</b>    |
|          | <b>Mon<br/>Intro seminar (2)</b> | <b>6:00pm</b> | <b>Seminar</b>   | <b>Trainer introductions, sneak preview of manual &amp; website, goal setting etc...</b>    |
|          | <b>Mon</b>                       | <b>7:00pm</b> | <b>Discussion 1<br/>Group</b>  | <b>Goal setting, reading manual effectively.</b>  |
|          | <b>Saturday Start</b>            | <b>8.00am</b> | <b>Testing day<br/>1</b>   | <b>Photos, girth measurements, weight, blood pressure &amp;<br/>body fat<br/>LETS GO!!!</b> |
| 1        | Tuesday                          | 6:00pm        | Discussion<br>Group  | Nutrition: Protein, Carbohydrates + Fat and your daily meal plans                           |
| 1        | Saturday                         | 8.00am        | Meet Your<br>Team  | Ropes Day, Team Building, working with your support team.                                   |
| 2        | Tuesday                          | 6.00pm        | Discussion<br>Group  | Nutrition: Understanding Food Labels and Content  |
| 2        | Saturday                         | 9.15am        | Group<br>Activity  | Boxing  |
| 3        | Tuesday                          | 6.00pm        | Discussion<br>Group  | Nutrition: Different Meal Options and Cheat Meals   |
| 3        | Saturday                         | 7.00am        | Group<br>Activity  | St Lucia Bike Ride: Bring your family and friends, don't worry If you don't have a bike     |
| 4        | Tuesday                          | 7.00pm        | Special Guest  | Group chat about Posture and Stretching   |
| <b>4</b> | <b>Saturday</b>                  | <b>8.00am</b> | <b>Testing day<br/>2</b>   | <b>Girth measurements, weight, blood pressure &amp; body fat</b>                            |
| 5        | Tuesday                          | 6:00pm        | Discussion<br>Group  | Nutrition: Shopping tour following macronutrient breakdown for your specific needs          |
| 5        | Saturday                         |               |  | FREE WEEKEND  |
| <b>6</b> |                                  |               | <b>Half way</b>  |   |
| 7        | Monday                           | 7.00pm        | Motivation- using group dynamics for success (guest speakers)                      |   |
| 7        | <b>Saturday</b>                  | 7.00am        | Group<br>Activity  | Amazing Race around St Lucia  |
| 8        | <b>Tuesday</b>                   | 6.00pm        |  | Last Chance workout with trainers   |
| <b>8</b> |                                  | <b>8.00am</b> | <b>Testing day<br/>3</b>   | <b>Girth measurements, weight, blood pressure &amp; body fat</b>                            |
| 9        |                                  |               |  | Free Week   |
| 10       | Tuesday                          | 6:00pm        | Advanced Nutrition – Workout nutrition / eating out and fine-tuning your meal plan |   |

|           |                            |               |                      |  |
|-----------|----------------------------|---------------|----------------------|--|
| 10        | Saturday                   | 9.00am        | Group Activity       | Volley Ball  |
| 11        | Tuesday                    | 6:00pm        | Group Discussion     | Post challenge planning- Maintenance & setting new goals                 |
| 11        | Saturday                   | 8.00am        | Group Activity       | ARMY DAY!!<br>Test your skills with an army style boot camp.             |
| 12        | Tuesday                    | 6:00pm        | Group Activity       | Last chance workout- Join our trainers for your last intense workout     |
| <b>12</b> | <b>Saturday<br/>Finish</b> | <b>8.00am</b> | <b>Testing day 4</b> | <b>Photos, girth measurements, weight, blood pressure &amp; body fat</b> |