

























JANUARY				FEBRAURY				MARCH			
8	15	22	29	5	12	19	26	4	11	18	25
REGISTRATION CLOSE 											
PHASE 1	1ST CONSULTATION			CONSULTATIONS  							
	WORKSHOP: WELCOME & INTRO			WELCOME WORKSHOP   							
	BASELINE WEEK: BUILDING YOUR VISION			YOUR VISION 							
PHASE 2	WEEK 1: UNDERSTANDING FAT LOSS			UNDERSTANDING FL  							
	WORKSHOP 2: FAT LOSS FUNDAMENTALS			MOVEMENT WORKSHOP  							
	WEEK 2: FOOD QUALITY			FOOD QUALITY 							
	WEEK 3 & 4: SUSTAINED ENERGY & FAT LOSS HACKS			FAT LOSS HACKS   							
PHASE 3	WEEK 5: SLEEP & APPETITE CONTROL			SLEEP & APPETITE CONTROL 							
	WORKSHOP 3: MINDFUL EATING			MINDFUL EATING WORKSHOP 							
	WEEK 6: STRESS MANAGEMENT			STRESS MANAGEMENT 							
	WEEK 7: FAT LOSS CHALLENGES			FAT LOSS CHALLENGES 							
PHASE 4	WEEK 8: THE NEXT STEPS			THE NEXT STEPS 							
	WORKSHOP 4: STEPPING OUT ON YOUR OWN			FINAL WORKSHOP   							
	EMPOWER WINNER ANNOUNCED			WINNER ANNOUNCMENT 							
	FINAL CONSULTATIONS			CONSULTATIONS 