

August

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

8
Group opens!

week
1

9
How to track your
calories
(MFP Masterclass)

10
What's your why?

11
How to track your
progress

12
Live Q&A/Hot Seat

13

14

15
Check in/weekly task

week
2

16
What are macros

17
Finding your TDEE &
making the plan

18
Meal planning & meal
timing & what to eat
around training

19
Live Q&A/Hot Seat

20

21

22
Check in/weekly task

week
3

23
Consistency
masterclass

24
How to hit your
protein numbers

25
Knowing when to
drop calories

26
Live Q&A/Hot Seat

27

28

29
Check in/weekly task

week
4

30
Stress management
and why it's
important

31
Emotional eating
masterclass

September

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---|------------------|---------------------------|-------------------------|--------|----------|----------------------------|
| week 4 | | | 1 Staying hydrated | 2 Live Q&A/Hot Seat | 3 | 4 | 5 Check in/weekly task |
| week 5 | 6 Dealing with hormones – menstrual cycles, peri & menopause | 7 Supplements | 8 Calorie Density | 9 Live Q&A/Hot Seat | 10 | 11 | 12 Check in/weekly task |
| week 6 | 13 Navigating social situations | 14 | 15 What about alcohol? | 16 Live Q&A/Hot Seat | 17 | 18 | 19 Check in/weekly task |
| week 7 | 20 Troubleshooting if progress has stalled | 21 | 22 | 23 Live Q&A/Hot Seat | 24 | 25 | 26 Check in/weekly task |
| week 8 | 27 Introducing refeed days | 28 | 29 | 30 Live Q&A/Hot Seat | | | |

October

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

week
8

1

2

3

Check in/weekly task

week
9

4

Managing hunger &
lower calorie
numbers

5

6

6

Live Q&A/Hot Seat

8

9

10

Check in/weekly task

week
10

11

Metabolic
adaptation & reverse
dieting masterclass

12

13

14

Live Q&A/Hot Seat

15

16

17

Check in/weekly task

week
11

18

What if I have more
fat to lose?

19

20

21

Live Q&A/Hot Seat

22

23

24

Check in/weekly task

week
12

25

Getting ready for the
end of the plan

26

27

28

Live Q&A/Hot Seat

29

30

31

End of program -
group closes