

## 16 Session Spectra Red Programme

	<b>Spectra Red unique Goal Achievement Programme</b>	<b>Exercise Programme Try a range of different exercises</b>	<b>Special Topics</b>
Session 1	Induction Body ambition profile	Introduction to exercise	Visualising success
Session 2	Goal Setting and forming support teams	Choosing the right exercise routine for you	Motivation
Session 3	Setting individual and team goals Preparing for commitment	Exercise session	Barriers to success and to overcome them
Session 4	Team and personal review Identifying barriers to success & finding solutions	Exercise session	Good foods bad foods
Session 5	Team and personal review Celebrations	Exercise session	Values and beliefs
Session 6	Team and personal review Celebrations	Exercise session	Building confidence & self esteem
Session 7	Team and personal review Celebrations	Exercise session	Health eating without feeling deprived
Session 8	Team and personal review Celebrations	Exercise session	Habit busting
Session 9	Team and personal review Celebrations	Exercise session	Preventing illness through good nutrition
Session 10	Team and personal review Celebrations	Exercise session	Building self esteem and confidence
Session 11	Team and personal review Celebrations	Exercise session	Hairstyles to suit your face shape and colouring
Session 12	Team and personal review Celebrations	Exercise session	Colour and styles to suit your body shape
Session 13	Team and personal review Celebrations	Exercise session	Looking after your hair
Session 14	Team and personal review Celebrations	Exercise session	Looking after your skin
Session 15	Team and personal review Celebrations	Exercise session	Looking after your nails
Session 16	Prize Day		

## 32 Session Spectra Red Programme

	<b>Spectra Red unique Goal Achievement Programme</b>	<b>Exercise Programme Try a range of different exercises</b>	<b>Weigh in (optional)</b>
Session 17	Induction Phase 2 Body ambition profile phase 2	Exercise Session	Weigh in and measure
Session 18	Goal Setting and forming support teams	Exercise Session	Weigh in
Session 19	Setting individual and team goals Preparing for commitment	Exercise session	Weigh in
Session 20	Team and personal review Identifying barriers to success & finding solutions	Exercise session	Weigh in
Session 21	Team and personal review Celebrations	Exercise session	Weigh in
Session 22	Team and personal review Celebrations	Exercise session	Weigh in
Session 23	Team and personal review Celebrations	Exercise session	Weigh in
Session 24	Team and personal review Celebrations	Exercise session	Weigh in
Session 25	Team and personal review Celebrations	Exercise session	Weigh in
Session 26	Team and personal review Celebrations	Exercise session	Weigh in
Session 27	Team and personal review Celebrations	Exercise session	Weigh in
Session 28	Team and personal review Celebrations	Exercise session	Weigh in
Session 29	Team and personal review Celebrations	Exercise session	Weigh in
Session 30	Team and personal review Celebrations	Exercise session	Weigh in
Session 31	Team and personal review Celebrations	Exercise session	Weigh in and measure
Session 32	Prize Day		

## 48 Session Spectra Red Programme

	<b>Spectra Red unique Goal Achievement Programme</b>	<b>Exercise Programme Try a range of different exercises</b>	<b>Weigh in (optional)</b>
Session 33	Induction Phase 3 Body ambition profile phase 3	Exercise Session	Weigh in and measure
Session 34	Goal Setting and forming support teams	Exercise Session	Weigh in
Session 35	Setting individual and team goals Preparing for commitment	Exercise session	Weigh in
Session 36	Team and personal review Identifying barriers to success & finding solutions	Exercise session	Weigh in
Session 37	Team and personal review Celebrations	Exercise session	Weigh in
Session 38	Team and personal review Celebrations	Exercise session	Weigh in
Session 39	Team and personal review Celebrations	Exercise session	Weigh in
Session 40	Team and personal review Celebrations	Exercise session	Weigh in
Session 41	Team and personal review Celebrations	Exercise session	Weigh in
Session 42	Team and personal review Celebrations	Exercise session	Weigh in
Session 43	Team and personal review Celebrations	Exercise session	Weigh in
Session 44	Team and personal review Celebrations	Exercise session	Weigh in
Session 45	Team and personal review Celebrations	Exercise session	Weigh in
Session 46	Team and personal review Celebrations	Exercise session	Weigh in
Session 47	Team and personal review Celebrations	Exercise session	Weigh in and measure
Session 48	Prize Day		