

32 Session Spectra Red Programme

	Spectra Red unique Goal Achievement Programme	Exercise Programme Try a range of different exercises	Weigh in (optional)
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		