

48 Session Spectra Red Programme

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