

	Session type	To include	Session type	To include	Session type	To include
Week 1	30 minute 1:1 session with Personal Trainer (Ellie)	Goal setting/ Boditrax Measurements/ Explain scheme/ Basic exercise prescription	Group Exercise class at Tarka LC. Monday 08:00-09:00	Full body incorporating cardio, strength, flexibility, mobility and core.	Remote group session with Jen	Eating ratios and fundamentals of eating well
Week 2	Remote group session with Stephanie. Foundations: Awareness, Autopilot & the Change Journey	Establish psychological safety, introduce the theme of awareness and help participants understand why behaviour change feels hard. We will also explore how our environment and habit loops shape behaviour and how small environmental tweaks can support healthier choices	Group Exercise class at Tarka LC. Monday 08:00-09:00	Full body incorporating cardio, strength, flexibility, mobility and core.		
Week 3	Remote group session with Jen	Boosting protein and fats	Group Exercise class at Tarka LC. Monday 08:00-09:00	Full body incorporating cardio, strength, flexibility, mobility and core.		
Week 4	Remote group session with Stephanie. The Brain Under Stress: Fight, Flight & Emotional Reactions	Teach participants how the brain responds to stress and why this affects behaviour, actions / decision-making and choices. We will explore common barriers such as all-or-nothing thinking, self-sabotage patterns, and the belief that 'I don't have time', and how stress physiology fuels these.	Group Exercise class at Tarka LC. Monday 08:00-09:00	Full body incorporating cardio, strength, flexibility, mobility and core.		
Week 5	Remote group session with Jen	Fibre, vitamins and minerals	Group Exercise class at Tarka LC. Monday 08:00-09:00	Full body incorporating cardio, strength, flexibility, mobility and core.		
Week 6	Remote group session with Stephanie. Understanding the Deeper Self: Emotional Triggers	Build emotional literacy and help participants understand why we do the things we do. We will introduce growth-based thinking and learning to reframe setbacks as part of the change journey rather than signs of failure	Group Exercise class at Tarka LC. Monday 08:00-09:00	Full body incorporating cardio, strength, flexibility, mobility and core.		
Week 7	Remote group session with Jen	Sugar free challenge and removal of ultra processed foods	Group Exercise class at Tarka LC. Monday 08:00-09:00	Full body incorporating cardio, strength, flexibility, mobility and core.		
Week 8	Remote group session with Stephanie. Eating with Awareness	Teach participants how to slow down, reconnect with hunger cues, and make conscious choices.	Group Exercise class at Tarka LC. Monday 08:00-09:00	Full body incorporating cardio, strength, flexibility, mobility and core.		
Week 9	Remote group session with Jen	Supporting hormone balance in the body	Group Exercise class at Tarka LC. Monday 08:00-09:00	Full body incorporating cardio, strength, flexibility, mobility and core.		
Week 10	Remote group session with Stephanie. Respond vs React: Creating Space for Better Choices	Strengthen emotional regulation and teach participants how to create space between urge and action. We will identify urges often mistaken for hunger, such as boredom, loneliness, and anxiety and introduce healthier coping strategies	Group Exercise class at Tarka LC. Monday 08:00-09:00	Full body incorporating cardio, strength, flexibility, mobility and core.		
Week 11	Remote group session with Jen	The role of digestion	Group Exercise class at Tarka LC. Monday 08:00-09:00	Full body incorporating cardio, strength, flexibility, mobility and core.		
Week 12	Remote group session with Stephanie. Fierce Self-Compassion, Resilience & Long-Term Change	We will explore how to navigate social pressure, set healthy boundaries, and communicate a wellbeing journey with confidence, especially in situations where food is central. Participants will be equipped with the mindset and emotional tools to sustain change beyond the programme.	Group exercise class at Tarka LC. Monday 08:00-09:00	Full body incorporating cardio, strength, flexibility, mobility and core.	30 minute 1:1 session with personal trainer (Ellie)	Goal review/ Boditrax measurements/ agree next steps