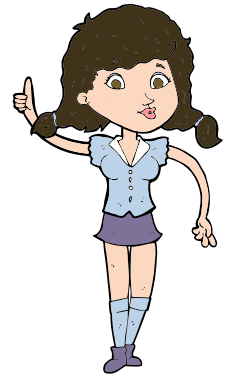




WHAT TO DO NOW?



1

Book your Scans
Click Here to Book

2

Download MyfitnessPal from the
app store or sign up online
<https://www.myfitnesspal.com/>
*Make a note of your username, you
will need it for the next step*

3

Complete our 6 Week Challenge google form
Click Here

4

Check the Calendar of events below,
add them to your calendar or schedule

5

Hangout and wait to hear from us, if you don't hear anything keep
an eye on your junk mail as we get sent to spam often. We will see
you at your scan, the introduction session if you are new to
CrossFit or at the kick off session.



Challenge Calendar of Events

Week/Date	What	Where	When
Pre Challenge Thursday May 9th	Introduction session/ Body Comp Scans	CrossFit CrossAxed	18:00-19:30
1-Saturday 11th May	Body Comp Scans, Info Session and Workout	CrossFit CrossAxed	07:00-11:00 (including scan time, session will go from 9:00-11:00)
2-Friday 17th May	Outdoor session	Kangaroo Point Cliffs, meet at the clifftop cafe, https://goo.gl/maps/ teLsZzA5HMYnj92i8	18:00-19:30
3-Saturday 25th May	Outdoor Session	Mt Coot-tha (meeting point TBA)	6:30am-7:30am
3-Tuesday 28th May	Habit Setting and check in Session	CrossFit CrossAxed	18:30-19:30
4-Sunday 2nd June	Beach WOD & Brekky	Caloundra	08:00-10:00
5-Saturday 8th June	Team Workout	CrossFit CrossAxed	08:00-09:00
6-Saturday 15th June	Body Comp Scans, Workout, Brekky	CrossFit CrossAxed & Nearby cafe	07:00-11:00 (including scan time, workout and Brekky)

