

[illegible]

8th Day (Wednesday)	9th Day (Thursday)	10th Day (Friday)	11th Day (Saturday)	12th Day (Sunday)	13th Day (Monday)	14th Day (Tuesday)			
7.30 am – 8.00 am Morning Activation	7.30 am – 8.00 am Morning Activation	7.30 am – 8.00 am Morning Activation	7.30 am – 8.00 am Morning Activation	7.30 am – 8.00 am Rest day	7.30 am – 8.00 am Morning Activation	7.30 am – 8.00 am Morning Activation			
8.30 am – 9.30 am Breakfast	8.30 am – 9.30 am Breakfast	8.30 am – 9.30 am Breakfast	8.30 am – 9.30 am Breakfast	8.30 am – 9.30 am Breakfast	8.30 am – 9.30 am Breakfast	8.30 am – 9.30 am Breakfast			
9.30 am – 11.30 am Exercise Program	9.30 am – 11.30 am Exercise Program	9.30 am – 11.30 am Exercise Program	9.30 am – 11.30 am Exercise Program	9.30 am – 11.30 am Rest day	9.30 am – 11.30 am Exercise Program	9.30 am – 11.30 am Exercise Program			
12.00 pm – 1.00 pm Lunch	12.00 pm – 1.00 pm Lunch	12.00 pm – 1.00 pm Lunch	12.00 pm – 1.00 pm Lunch	12.00 pm – 1.00 pm Lunch	12.00 pm – 1.00 pm Lunch	12.00 pm – 1.00 pm Lunch			
1.00 pm – 2.00 pm Leisure Time	1.00 pm – 2.00 pm Leisure Time	1.00 pm – 3.00 pm Leisure Time	1.00 pm – 2.00 pm Leisure Time	1.00 pm – 6.00 pm Rest day	1.00 pm – 2.00 pm Leisure Time	1.00 pm – 2.00 pm Leisure Time			
2.00 pm – 3.00 pm Presentation “Health behavior change”	2.00 pm – 4.00 pm Exercise Program		2.00 pm – 6.00 pm Hiking Trip		2.00 pm – 4.00 pm Exercise Program	2.00 pm – 4.00 pm Exercise Program	2.00 pm – 4.00 pm Exercise Program		
3.00 pm – 6.00 pm Leisure Time		3.00 pm – 5.00 pm Exercise Program						4.00 pm – 6.00 pm Leisure Time	4.00 pm – 6.00 pm Leisure Time
6.00 pm – 7.00 pm Dinner	6.00 pm – 7.00 pm Dinner	6.00 pm – 7.00 pm Dinner	6.00 pm – 7.00 pm Dinner		6.00 pm – 7.00 pm Dinner	6.00 pm – 7.00 pm Dinner	6.00 pm – 7.00 pm Dinner		
From 7.00 pm Leisure Time	From 7.00 pm Leisure Time	From 7.00 pm Leisure Time	From 7.00 pm Individual Coaching	From 7.00 pm Leisure Time	From 7.00 pm Individual Coaching	From 7.00 pm Individual Coaching			

15th Day (Wednesday)	16th Day (Thursday)	17th Day (Friday)	18th Day (Saturday)	19th Day (Sunday)	20th Day (Monday)	21st Day (Tuesday)			
7.30 am – 8.00 am Morning Activation	7.30 am – 8.00 am Morning Activation	7.30 am – 8.00 am Morning Activation	7.30 am – 8.00 am Morning Activation	7.30 am – 8.00 am Rest day	7.30 am – 8.00 am Morning Activation	7.30 am – 8.00 am Morning Activation			
8.30 am – 9.30 am Breakfast	8.30 am – 9.30 am Breakfast	8.30 am – 9.30 am Breakfast	8.30 am – 9.30 am Breakfast	8.30 am – 9.30 am Breakfast	8.30 am – 9.30 am Breakfast	8.30 am – 9.30 am Breakfast			
9.30 am – 11.30 am Exercise Program	9.30 am – 11.30 am Exercise Program	9.30 am – 11.30 am Exercise Program	9.30 am – 11.30 am Exercise Program	9.30 am – 11.30 am Rest day	9.30 am – 11.30 am Exercise Program	9.30 am – 11.30 am Exercise Program			
12.00 pm – 1.00 pm Lunch	12.00 pm – 1.00 pm Lunch	12.00 pm – 1.00 pm Lunch	12.00 pm – 1.00 pm Lunch	12.00 pm – 1.00 pm Lunch	12.00 pm – 1.00 pm Lunch	12.00 pm – 1.00 pm Lunch			
1.00 pm – 2.00 pm Leisure Time	1.00 pm – 2.00 pm Leisure Time	1.00 pm – 6.00 pm Medical health check	1.00 pm – 2.00 pm Leisure Time	1.00 pm – 6.00 pm Rest day	1.00 pm – 2.00 pm Leisure Time	1.00 pm – 2.00 pm Leisure Time			
2.00 pm – 3.00 pm Presentation “Health behavior maintenance”	2.00 pm – 4.00 pm Exercise Program		2.00 pm – 6.00 pm Hiking Trip		2.00 pm – 6.00 pm Rest day	2.00 pm – 6.00 pm Implementation strategies for home	2.00 pm – 4.00 pm Exercise Program		
3.00 pm – 6.00 pm Leisure Time								4.00 pm – 5.00 pm Presentation “Barrier management”	4.00 pm – 6.00 pm Official farewell
								5.00 pm – 6.00 pm Leisure Time	
6.00 pm – 7.00 pm Dinner	6.00 pm – 7.00 pm Dinner						6.00 pm – 7.00 pm Dinner	6.00 pm – 7.00 pm Dinner	6.00 pm – 7.00 pm Dinner
From 7.00 pm Individual Coaching	From 7.00 pm Individual Coaching	From 7.00 pm Individual Coaching	From 7.00 pm Individual Coaching	From 7.00 pm Leisure Time	From 7.00 pm Individual Coaching	From 7.00 pm Departure			