**October 4th Start Date**

**(Treatment)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | | **September** | | | **NOTES: You have been allocated to the ‘Treatment’ group and will therefore take part in a 12-week research study and will be offered a ‘Taking it Further’ course weekly on Mondays from October 4th.** | | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  | | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | |  |  |  | **1** | **2** | **3** | **4** | | **5** | **6** | **7** | **8** | **19** | **10** | **11** | | **12** | **13** | **14** | **15**  **Registration deadline**  Survey deadline by Midnight, UK Time | **16** | **17** | **18** | | **19** | **20** | **21** | **22**  **Orientation deadline**  Survey deadline by Midnight, UK Time | **23** | **24** | **25** | | **26** | **27** | **28** | **29** | **30** |  |  | |
| |  |  | | --- | --- | | **October** | | | **NOTES:** | | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | | **2021** | | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | |  |  |  |  |  | **1** | **2** | | **3**  Survey deadline by Midnight, UK Time | **4**  ***Session 1; 10:00-12:15 UK Time*** | **5** | **6** | **7** | **8** | **9** | | **10** | **11**  ***Session 2; 10:00-12:15 UK Time*** | **12** | **13** | **14** | **15** | **16** | | **17** | **18**  ***Session 3; 10:00-12:15 UK Time*** | **19** | **20** | **21** | **22** | **23** | | **24** | **25**  ***Session 4; 10:00-12:15 UK Time*** | **26**  Survey deadline by Midnight, UK Time | **27** | **28** | **29** | **30** | |
| |  |  | | --- | --- | | **November** | | | **NOTES:** | | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | | **2021** | | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | | **31** | **1**  ***Session 5; 10:00-12:15 UK Time*** | **2** | **3** | **4** | **5** | **6** | | **7** | **8**  ***Session 6; 10:00-12:15 UK Time*** | **9** | **10** | **11** | **12** | **13** | | **14** | **15**  ***Session 7; 10:00-12:15 UK Time*** | **16** | **17** | **18** | **19** | **20** | | **21** | **22**  ***Session 8; 10:00-12:15 UK Time*** | **23**  Survey deadline by Midnight, UK Time | **24** | **25** | **26** | **27** | | **28** | **29**  ***Session 9; 10:00-12:15 UK Time*** | **30** |  |  |  |  | |
| |  |  | | --- | --- | | **December** | | | **NOTES:** | | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | |  |  | | **2021** | | | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | |  |  |  | **1** | **2** | **3** | **4** | | **5** | **6**  ***Session 10; 10:00-12:15 UK Time*** | **7** | **8** | **9** | **10** | **11** | | **12** | **13**  ***Session 11; 10:00-12:15 UK Time*** | **14** | **15** | **16** | **17** | **18** | | **19** | ***20***  ***Session 12; 10:00-12:15 UK Time*** | **21**  Survey deadline by Midnight, UK Time | **22** | **23** | **24** | **25** | | **26** | **27** | **28** | **29** | **30** | **31** |  | |