

30 DAY SHRED CALENDAR

LEVEL 1

DAY
1

DAY
2

DAY
3

DAY
4

DAY
5

DAY
6

DAY
7

DAY
8

DAY
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DAY
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LEVEL 2

DAY
11

DAY
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DAY
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DAY
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DAY
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DAY
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DAY
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DAY
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DAY
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DAY
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LEVEL 3

DAY
21

DAY
22

DAY
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DAY
24

DAY
25

DAY
26

DAY
27

DAY
28

DAY
29

DAY
30

MEASUREMENTS

BEFORE

AFTER

WEIGHT

CHEST

WAIST

HIPS

THIGH