

30 DAY SHRED

PHASE ONE

Day
1

Day
2

Day
3

Day
4

Day
5

Day
6

Day
7

Day
8

Day
9

Day
10

PHASE TWO

Day
11

Day
12

Day
13

Day
14

Day
15

Day
16

Day
17

Day
18

Day
19

Day
20

PHASE THREE

Day
21

Day
22

Day
23

Day
24

Day
25

Day
26

Day
27

Day
28

Day
29

Day
30