

# 30 Day Shred Calendar

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**LEVEL 1**

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10

**LEVEL 2**

Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20

**LEVEL 3**

Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30

MEASUREMENTS	BEFORE	AFTER
WEIGHT		
CHEST		
WAIST		
HIPS		
THIGH		