

CALENDAR OPTION 2

WHEN YOU START, IT'S DAY 1.

LEVEL 30

LEVEL UP 30. THE 30 DAY PROGRAM TO TURBOBOOST YOUR METABOLISM, SPARK A HEALTHY WEIGHT LOSS, AND LOVE YOURSELF ON ANOTHER LEVEL.

1 INTRO, ORIENTATION & RECIPE	2 WORKOUT DAY!	3 WORKOUT DAY!	4 REST, RECIPE & SELF-LOVE	5 WORKOUT DAY!	6 WORKOUT DAY!	7 REST, RECIPE & SELF-LOVE
8 WORKOUT DAY!	9 WORKOUT DAY!	10 REST, RECIPE & SELF-LOVE	11 WORKOUT DAY!	12 WORKOUT DAY!	13 REST, RECIPE & SELF-LOVE	14 WORKOUT DAY!
15 WORKOUT DAY!	16 REST, RECIPE & SELF-LOVE	17 WORKOUT DAY!	18 WORKOUT DAY!	19 REST, RECIPE & SELF-LOVE	20 WORKOUT DAY!	21 WORKOUT DAY!
22 REST, RECIPE & SELF-LOVE	23 WORKOUT DAY!	24 WORKOUT DAY!	25 REST, RECIPE & SELF-LOVE	26 WORKOUT DAY!	27 WORKOUT DAY!	28 REST, RECIPE & SELF-LOVE
29 WORKOUT DAY!	30 WORKOUT DAY + CONCLUSION					

FOUR WEEKS OF DAILY MINDFUL ACTIVITIES

Celebrate! Congrats! You did it!

