

### BURN PHASE

1	2	3	4	5	6	7
Burn Circuit <b>1</b>	Rest	Burn Circuit <b>2</b>	Burn Intervals & Ab Burner	Burn Circuit <b>3</b>	Burn it Off! & Recharge	Rest
8	9	10	11	12	13	14
Burn Circuit <b>1</b>	Rest	Burn Circuit <b>2</b>	Burn Intervals & Ab Burner	Burn Circuit <b>3</b>	Burn it Off! & Recharge	Rest
15	16	17	18	19	20	21
Burn Circuit <b>1</b>	Rest	Burn Circuit <b>2</b>	Burn Intervals & Ab Burner	Burn Circuit <b>3</b>	Burn it Off! & Recharge	Rest
22	23	24	25	26	27	28
Burn Circuit <b>1</b>	Rest	Burn Circuit <b>2</b>	Burn Intervals & Ab Burner	Burn Circuit <b>3</b>	Burn it Off! & Recharge	Rest
29	30	<p><b>Note:</b> You can use the extra space on each calendar day to write notes, additions, or changes in what was listed.</p>				
Burn it Off! & Recharge	<b>TRACK YOUR RESULTS!</b>					

### PUSH PHASE

1	2	3	4	5	6	7
Push Circuit <b>1</b>	Rest	Push Circuit <b>2</b>	Burn Intervals & Ab Burner	Push Circuit <b>3</b>	Burn it Off! & Recharge	Rest
8	9	10	11	12	13	14
Push Circuit <b>1</b>	Rest	Push Circuit <b>2</b>	Burn Intervals & Ab Burner	Push Circuit <b>3</b>	Burn it Off! & Recharge	Rest
15	16	17	18	19	20	21
Push Circuit <b>1</b>	Rest	Push Circuit <b>2</b>	Burn Intervals & Extreme Abs	Push Circuit <b>3</b>	Burn it Off! & Recharge	Rest
22	23	24	25	26	27	28
Push Circuit <b>1</b>	Rest	Push Circuit <b>2</b>	Burn Intervals & Extreme Abs	Push Circuit <b>3</b>	Burn it Off! & Recharge	Rest
29	30	<p><b>Note:</b> You can use the extra space on each calendar day to write notes, additions, or changes in what was listed.</p>				
Burn it Off! & Recharge	<b>TRACK YOUR RESULTS!</b>					

<b>LEAN PHASE</b>	1	2	3	4	5	6	7
	Lean Circuit <b>1</b>	Rest	Lean Circuit <b>2</b>	Burn Intervals* & Extreme Abs*	Lean Circuit <b>3</b>	Burn it Off!* & Recharge	Rest
	8	9	10	11	12	13	14
	Lean Circuit <b>1</b>	Rest	Lean Circuit <b>2</b>	Burn Intervals* & Extreme Abs*	Lean Circuit <b>3</b>	Burn it Off!* & Recharge	Rest
	15	16	17	18	19	20	21
Lean Circuit <b>1</b>	Rest	Lean Circuit <b>2</b>	Burn Intervals* & Extreme Abs*	Lean Circuit <b>3</b>	Burn it Off!* & Recharge	Rest	
22	23	24	25	26	27	28	
Lean Circuit <b>1</b>	Rest	Lean Circuit <b>2</b>	Burn Intervals* & Extreme Abs*	Lean Circuit <b>3</b>	Burn it Off!* & Recharge	Rest	
29	30	* For more Accelerated Fat Burning or to "mix it up", try "Get-Lean Intervals", "Fat-Burn Challenge", and "I've Got Abs!"					
Burn it Off!* & Recharge	<b>TRACK YOUR RESULTS!</b>						

<b>LEAN FOR LIFE PHASE</b>	1	2	3	4	5	6	7
	Burn Circuit <b>1</b>	Rest	Push Circuit <b>2</b>	Burn Intervals* & Extreme Abs*	Lean Circuit <b>3</b>	Burn it Off!* & Recharge	Rest
	8	9	10	11	12	13	14
	Burn Circuit <b>1</b>	Rest	Push Circuit <b>2</b>	Burn Intervals* & Extreme Abs*	Lean Circuit <b>3</b>	Burn it Off!* & Recharge	Rest
	15	16	17	18	19	20	21
Burn Circuit <b>1</b>	Rest	Push Circuit <b>2</b>	Burn Intervals* & Extreme Abs*	Lean Circuit <b>3</b>	Burn it Off!* & Recharge	Rest	
22	23	24	25	26	27	28	
Burn Circuit <b>1</b>	Rest	Push Circuit <b>2</b>	Burn Intervals* & Extreme Abs*	Lean Circuit <b>3</b>	Burn it Off!* & Recharge	Rest	
29	30	Chalene designed her program around the principles of undulating periodization. Once you complete the Lean for Life Phase, you can mix and match the order of each phase. Just keep in mind that every 30 days, you need to select a new phase.					
Burn it Off!* & Recharge	<b>TRACK YOUR RESULTS!</b>						