THE SCULPTED *vegan*

4 WEEK MENOPAUSE SHRED

NOTE

Cardio is 90 minutes in total daily.
Divide it into two sessions to suit your schedule and record it in this planner.



WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *chest, shoulders & triceps* ☐	Training - *back & biceps* ☐	Training - *legs* ☐	Training - *chest, shoulders & triceps* ☐	Training - *back & biceps* ☐	Training - *legs* ☐	Post Workout Snack ☐
Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Lunch ☐
Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Dinner ☐
Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Cardio: ___ minutes ☐
Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *chest, shoulders & triceps* ☐	Training - *back & biceps* ☐	Training - *legs* ☐	Training - *chest, shoulders & triceps* ☐	Training - *back & biceps* ☐	Training - *legs* ☐	Post Workout Snack ☐
Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Lunch ☐
Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Dinner ☐
Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Cardio: ___ minutes ☐
Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *chest, shoulders & triceps* ☐	Training - *back & biceps* ☐	Training - *legs* ☐	Training - *chest, shoulders & triceps* ☐	Training - *back & biceps* ☐	Training - *legs* ☐	Post Workout Snack ☐
Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Lunch ☐
Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Dinner ☐
Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Cardio: ___ minutes ☐
Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *chest, shoulders & triceps* ☐	Training - *back & biceps* ☐	Training - *legs* ☐	Training - *chest, shoulders & triceps* ☐	Training - *back & biceps* ☐	Training - *legs* ☐	Post Workout Snack ☐
Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Post Workout Snack ☐	Lunch ☐
Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Lunch ☐	Dinner ☐
Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Dinner ☐	Cardio: ___ minutes ☐
Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Cardio: ___ minutes ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	