THE EXTREME MENOPAUSE BODY MAKEOVER



WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast
☐ Training - *Chest, Triceps & Abs*	☐ Training - *Legs*	☐ Training - *Back & Abs*	☐ Training - *Shoulders & Biceps*	☐ Training - *Glutes, Hamstrings & Abs*	☐ 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	☐ Evening Snack	☐ Evening Snack
☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	☐ Evening Snack		
					** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast
☐ Training - *Chest, Triceps & Abs*	☐ Training - *Legs*	☐ Training - *Back & Abs*	☐ Training - *Shoulders & Biceps*	☐ Training - *Glutes, Hamstrings & Abs*	☐ 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	☐ Evening Snack	☐ Evening Snack
☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	☐ Evening Snack		
					** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast
☐ Training - *Chest, Triceps & Abs*	☐ Training - *Legs*	☐ Training - *Back & Abs*	☐ Training - *Shoulders & Biceps*	☐ Training - *Glutes, Hamstrings & Abs*	☐ 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	☐ Evening Snack	☐ Evening Snack
☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	☐ Evening Snack		

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast
☐ Training - *Chest, Triceps & Abs*	☐ Training - *Legs*	☐ Training - *Back & Abs*	☐ Training - *Shoulders & Biceps*	☐ Training - *Glutes, Hamstrings & Abs*	☐ 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	☐ Evening Snack	☐ Evening Snack
☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	☐ Evening Snack		
					** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*

THE EXTREME MENOPAUSE BODY MAKEOVER



WEEK 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast
☐ Training - *Chest, Triceps & Abs*	☐ Training - *Legs*	☐ Training - *Back & Abs*	☐ Training - *Shoulders & Biceps*	☐ Training - *Glutes, Hamstrings & Abs*	☐ 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	☐ Evening Snack	☐ Evening Snack
☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	☐ Evening Snack		

WEEK 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast
☐ Training - *Chest, Triceps & Abs*	☐ Training - *Legs*	☐ Training - *Back & Abs*	☐ Training - *Shoulders & Biceps*	☐ Training - *Glutes, Hamstrings & Abs*	☐ 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	☐ Evening Snack	☐ Evening Snack
☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*

WEEK 7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast
☐ Training - *Chest, Triceps & Abs*	☐ Training - *Legs*	☐ Training - *Back & Abs*	☐ Training - *Shoulders & Biceps*	☐ Training - *Glutes, Hamstrings & Abs*	☐ 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	☐ Evening Snack	☐ Evening Snack
☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	☐ Evening Snack		

WEEK 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast	☐ Breakfast
☐ Training - *Chest, Triceps & Abs*	☐ Training - *Legs*	☐ Training - *Back & Abs*	☐ Training - *Shoulders & Biceps*	☐ Training - *Glutes, Hamstrings & Abs*	☐ 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	☐ Evening Snack	☐ Evening Snack
☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	☐ Evening Snack	** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*

THE EXTREME MENOPAUSE BODY MAKEOVER



WEEK 9

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *Chest, Triceps & Abs* ☐	Training - *Legs* ☐	Training - *Back & Abs* ☐	Training - *Shoulders & Biceps* ☐	Training - *Glutes, Hamstrings & Abs* ☐	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 ☐	Evening Snack ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐		

WEEK 10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *Chest, Triceps & Abs* ☐	Training - *Legs* ☐	Training - *Back & Abs* ☐	Training - *Shoulders & Biceps* ☐	Training - *Glutes, Hamstrings & Abs* ☐	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 ☐	Evening Snack ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*

WEEK 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *Chest, Triceps & Abs* ☐	Training - *Legs* ☐	Training - *Back & Abs* ☐	Training - *Shoulders & Biceps* ☐	Training - *Glutes, Hamstrings & Abs* ☐	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 ☐	Evening Snack ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐		

WEEK 12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐	Breakfast ☐
Training - *Chest, Triceps & Abs* ☐	Training - *Legs* ☐	Training - *Back & Abs* ☐	Training - *Shoulders & Biceps* ☐	Training - *Glutes, Hamstrings & Abs* ☐	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 ☐	Evening Snack ☐	Evening Snack ☐
Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	Evening Snack ☐	** The post workout snack can be enjoyed at any time during the day.*	** The post workout snack can be enjoyed at any time during the day.*