



# DON'T THINK, JUST SHRINK™!

## 31-60 DAY TRANSFORMATION CALENDAR

GREAT JOB ON YOUR FIRST 30 DAYS. EVERY DAY WORK TO YOUR MAXIMUM LEVEL & INCREASE YOUR BANDS WHEN YOU CAN.



<b>WEEK 5</b> FOLLOW THE CODE RED DIET PLAN	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35	DAY 36	DAY 37
	CODE RED & BELLY BLASTER	CODE RED & BOOTY CAMP	CODE RED & BELLY BLASTER	CODE RED & BOOTY CAMP	CODE RED & BELLY BLASTER	CODE RED & BOOTY CAMP	REST OR BONUS EXTRACURRICULAR ACTIVITY: HIKE, WALK, BIKE ETC.
<b>WEEK 6</b> TAKE BODY MEASUREMENTS & WEIGHT. RECORD IT IN YOUR PROGRAM GUIDE	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42	DAY 43	DAY 44
	FAT BLASTER BLUE + LA	FAT BLASTER RED + U	FAT BLASTER BLUE + LA	FAT BLASTER RED + U	FAT BLASTER BLUE + LA	FAT BLASTER RED + U	REST OR BONUS EXTRACURRICULAR ACTIVITY: HIKE, WALK, BIKE ETC.
<b>WEEK 7</b>	DAY 45	DAY 46	DAY 47	DAY 48	DAY 49	DAY 50	DAY 51
	EXTREME 1000	BELLY BLASTER	EXTREME 1000	BOOTY CAMP	EXTREME 1000	BELLY BLASTER	REST OR BONUS EXTRACURRICULAR ACTIVITY: HIKE, WALK, BIKE ETC.
<b>WEEK 8</b>	DAY 52	DAY 53	DAY 54	DAY 55	DAY 56	DAY 57	DAY 58
	FAT BLASTER BLUE + L	FAT BLASTER RED + UA	FAT BLASTER BLUE + L	FAT BLASTER RED + UA	FAT BLASTER BLUE + L	FAT BLASTER RED + UA	REST OR BONUS EXTRACURRICULAR ACTIVITY: HIKE, WALK, BIKE ETC.
<b>WEEK 9</b> TAKE BODY MEASUREMENTS & WEIGHT. RECORD IT IN YOUR PROGRAM GUIDE	DAY 59	DAY 60	<b>MISSION SPECIALIST KEY</b> U UPPER BODY      U UPPER BODY (ADVANCED) A ABS                A ABS (ADVANCED) L LOWER BODY      L LOWER BODY (ADVANCED)				
	BELLY BLASTER & BOOTY CAMP	EXTREME 1000					

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