

21 Day Fix DAILY SUCCESS SCHEDULE

a.m.	<input type="checkbox"/>	Performance Energize Pre-Workout Formula
		Wait appx 10 minutes
	<input type="checkbox"/>	Workout
	<input type="checkbox"/>	Meal 1 (1 red—Shakeology, 1 purple)
	<input type="checkbox"/>	Shakeology Greens Boost and Focused Energy Boost
		Meal Diary
	<input type="checkbox"/>	Meal 2 (1 red, 1 blue)
		Meal Diary
	<input type="checkbox"/>	Meal 3 (1 purple, 1 teaspoon)
	Meal Diary	
afternoon	<input type="checkbox"/>	Meal 4 (1 red, 2 green, 1 yellow, 1 orange)
		Meal Diary
p.m.	<input type="checkbox"/>	Meal 5 (1 red, 1 green, 1 yellow)
		Meal Diary
	<input type="checkbox"/>	Performance Recharge Formula