

MAXLIVING

30-DAY CHALLENGE



Week 1

Get adjusted and complete
homecare as recommended

Day 1

- Take a progress picture
- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 2

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 3

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 4

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 5

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 6

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 7

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

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Week 2

Get adjusted and complete homecare as recommended

Day 1

- Take a progress picture
- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 2

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 3

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 4

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 5

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 6

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 7

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

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Week 3

Get adjusted and complete homecare as recommended

Day 1

- Take a progress picture
- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 2

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 3

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 4

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 5

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 6

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 7

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

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Week 4

Get adjusted and complete homecare as recommended

Day 1

- Take a progress picture
- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 2

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 3

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 4

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 5

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 6

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 7

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

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30-DAY CHALLENGE



Week 5

Get adjusted and complete homecare as recommended

Day 1

- Take a progress picture
- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 2

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

CONGRATS!
30 Days WON =
Challenge done!

Why not finish out the week strong? Bonus round!

Day 3

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 4

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 5

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 6

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading

Day 7

- Protein shake
- Daily supplements
- Eat Advanced Plan
- Drink Enough Water
- 45 minute workout
- NO alcohol or cheat meals
- 10 pages reading