

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Week 1 Starting Line! LC	LC	HC	LC	LC	HC
LC	Week 2 LC	HC	LC	LC	HC <small>Cheat Meal</small>	LC
LC	Week 3 HC	LC	LC	LC	HC <small>Cheat Meal</small>	LC
LC	Week 4 HC	LC	LC	LC	HC <small>Cheat Meal</small>	LC
LC	Week 5 HC	LC	LC	LC	HC <small>Cheat Meal</small>	LC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Week 6					
LC	HC	LC	LC	LC	HC Cheat Meal	LC
	Week 7					
LC	LC	LC	LC	HC Cheat Meal	LC	LC
	Week 8					
HC	LC	LC	LC	LC	LC	FINISH LINE ! Weigh Outs