

# LEAN & SHRED – MONTHLY WALL CALENDAR

Use this printable calendar to visually plan your workouts, meal preps, and rest days. Check off each task as you complete it to stay accountable and consistent.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Push Day Meal: Protein Bowl / Meal Prep	Pull Day Meal: Chicken / Meal Prep	Legs & Core Meal: Rice Bowl / Meal Prep	Rest Meal: Smoothie / Meal Prep	Full Body Meal: Turkey / Meal Prep	Active Recovery Meal: Eggs / Meal Prep	Meal Prep + Rest Meal: Turkey / Meal Prep
Week 2	Pull Day	Legs & Core	Push Day	Rest	Full Body	Active Recovery	Meal Prep + Rest
Week 3	Push Day	Pull Day	Legs & Core	Rest / Study	Full Body	Social Night	Meal Prep + Reset
Week 4	Pull Day	Legs & Core	Push Day	Rest	Full Body	Active Recovery	Meal Prep + Reflection

- LEGEND:**
- ✓ = Completed
  - = Great effort
  - = Rest / recovery day
  - = Meal prep
  - = Check progress / weigh-in

**Consistency is the goal.**  
Each checkmark gets you closer to 175 lb — stay focused, track progress weekly, and adjust as needed.