

60 DAY SHIFT
LIFE WITH FRENCH & YEL



1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60

8 TOTAL CHEAT DAYS ALLOWED

60 DAYS OF CHANGE

5 HABITS TO TRACK:

- 1. DAILY WORKOUT
- 2. NO / LOW ALCOHOL
- 3. CLEAN EATING
- 4. GALLON OF WATER
- 5. GOAL PROGRESS

GOAL:
