Cleanse Day Schedules

Your monthly system may look something like the sample schedules below.

🥤 SHAKE DAY

💧 CLEANSE DAY

1 Cleanse Day Per Week

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					
🥤	🥤					

2 Cleanse Days Per Week

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					
🥤	🥤					