

30 Day Shred

Level 1

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Well Done! 1/3 Done!

Level 2

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Well Done! Half Way There!

Level 3

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30

Congratulations! You Did it!

	Day 1	Day 11	Day 21	Day 30
Weight	_____	_____	_____	_____
Biceps	_____	_____	_____	_____
Waist	_____	_____	_____	_____
Hips	_____	_____	_____	_____