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# The 30 Day Shred!



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## Level 1

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10

Day 1  
 Weight: \_\_\_\_\_  
 Biceps: \_\_\_\_\_  
 Waist: \_\_\_\_\_  
 Hips: \_\_\_\_\_

"The past does not define you, the present does."

Day 11  
 Weight: \_\_\_\_\_  
 Biceps: \_\_\_\_\_  
 Waist: \_\_\_\_\_  
 Hips: \_\_\_\_\_

"Get comfortable with being uncomfortable."

## Level 2

Day 11	Day 12	Day 13	Day 14	Day 15
Day 16	Day 17	Day 18	Day 19	Day 20

Day 21  
 Weight: \_\_\_\_\_  
 Biceps: \_\_\_\_\_  
 Waist: \_\_\_\_\_  
 Hips: \_\_\_\_\_

"Unless you puke, faint or die keep going!"

## Level 3

Day 21	Day 22	Day 23	Day 24	Day 25
Day 26	Day 27	Day 28	Day 29	Day 30

Day 30  
 Weight: \_\_\_\_\_  
 Biceps: \_\_\_\_\_  
 Waist: \_\_\_\_\_  
 Hips: \_\_\_\_\_

You did it! 😊

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