

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."

Day 21

Weight: ____

Biceps: ____

Waist: ____

Hips: ____

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

Day 30

Weight: ____

Biceps: ____

Waist: ____

Hips: ____

You did it! ☺

Level 2

Day
11

Day
12

Day
13

Day
14

Day
15

Day
16

Day
17

Day
18

Day
19

Day
20

Level 3

Day
21

Day
22

Day
23

Day
24

Day
25

Day
26

Day
27

Day
28

Day
29

Day
30