

# 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