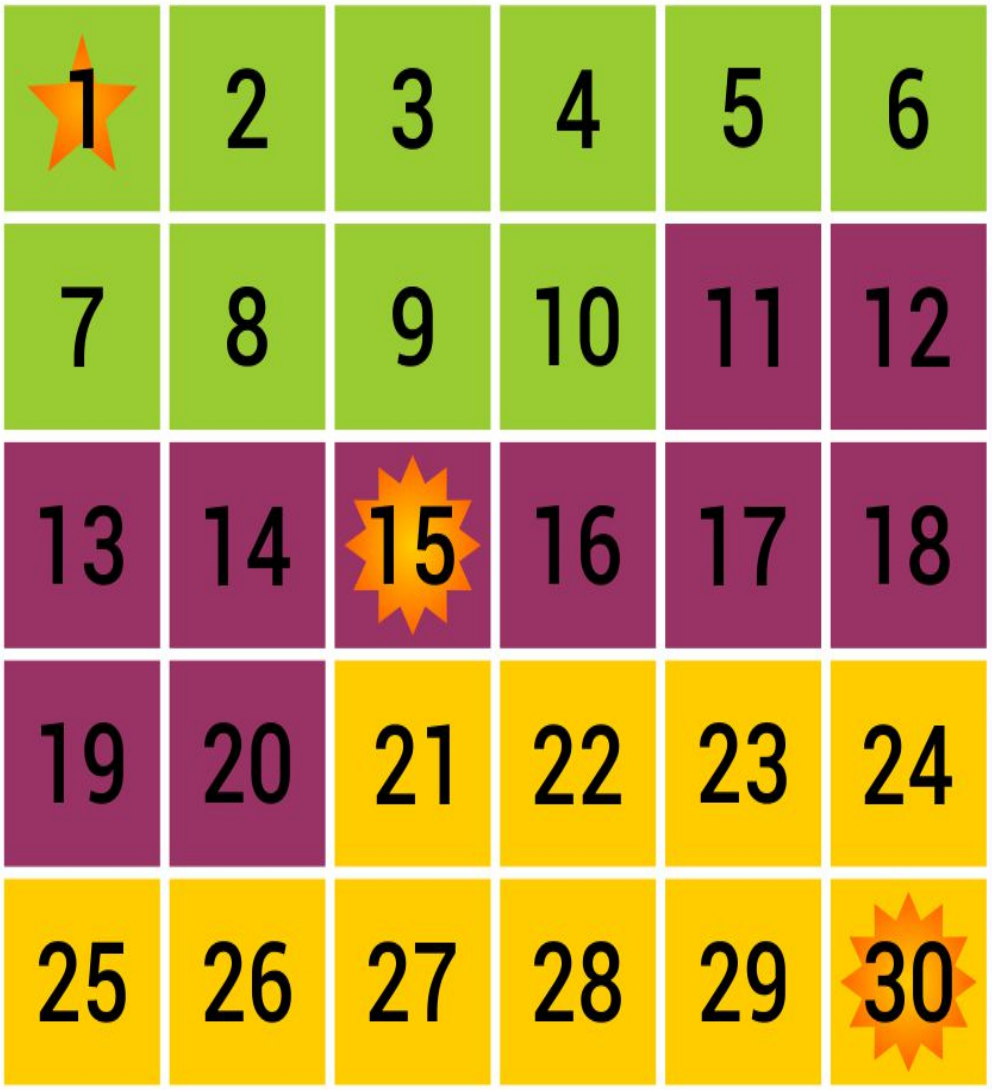
30 DAY SHRED



I WON'T FAIL BECAUSE I:

- ☐ NEED IT
- ☐ AM AWESOME
- ☐ DESERVE IT

DAY 1

WEIGHT: _____

WAIST: _____

HIPS: _____

DAY 15

WEIGHT: _____

WAIST: _____

HIPS: _____

DAY 30

WEIGHT: _____

WAIST: _____

HIPS: _____

LEVEL 1

LEVEL 2

LEVEL 3