



**Before the
Shred10**

Day 10
(Date: _____)

Day 30
(Date: _____)

Day 60
(Date: _____)

Day 90
(Date: _____)

Day 120
(Date: _____)

	Before the Shred10	Day 10 (Date: _____)	Day 30 (Date: _____)	Day 60 (Date: _____)	Day 90 (Date: _____)	Day 120 (Date: _____)
Neck						
Bicep <i>(right)</i>						
Bicep <i>(left)</i>						
Chest						
Waist						
Hips						
Thigh <i>(right)</i>						
Thigh <i>(left)</i>						
Weight						
Quality of Sleep <i>(1-10)</i>						
Energy Level <i>(1-10)</i>						
Mood <i>(1-10)</i>						
Overall Well-Being <i>(1-10)</i>						
Other Positive Benefits						