

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