

Prepare for
success on this
journey.

The best project
you'll ever work
on is you.

Eat clean,
train dirty.

If it doesn't
challenge you, it
doesn't change you.

Just keep
moving.

Eat according to
your goals.

Be stronger than
your excuses.

Sunday

Monday

Tuesday

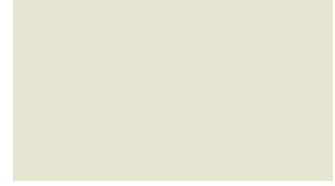
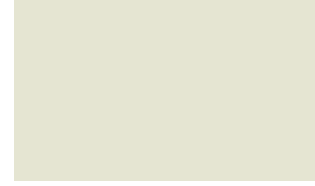
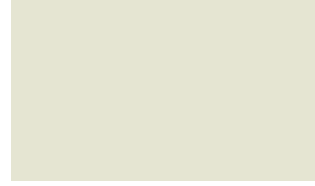
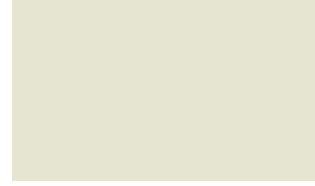
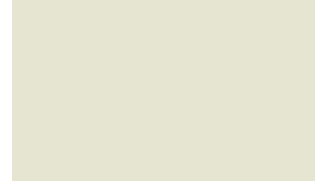
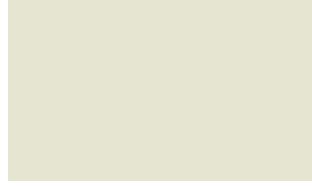
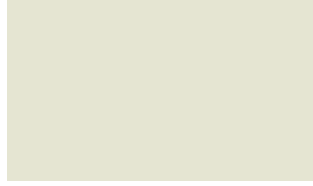
Wednesday

Thursday

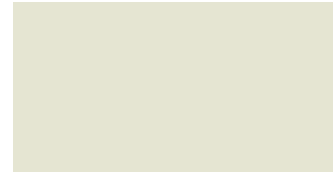
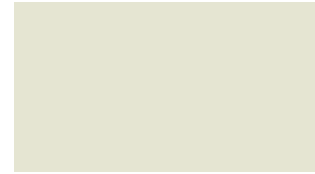
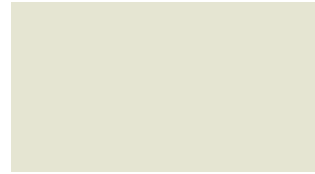
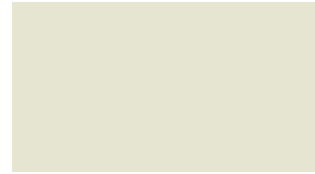
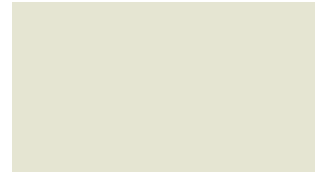
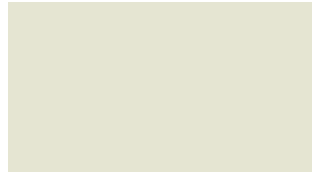
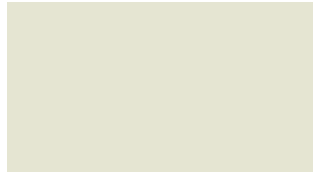
Friday

Saturday

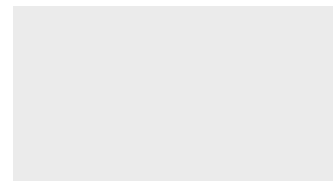
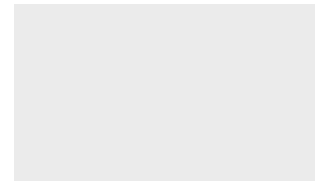
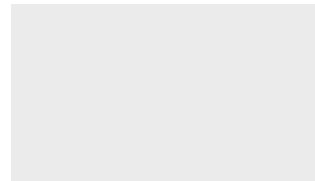
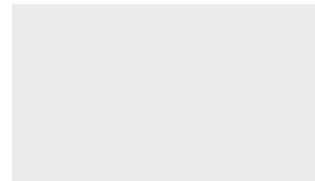
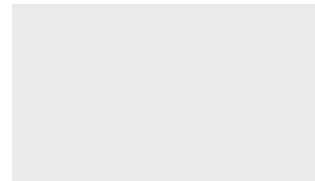
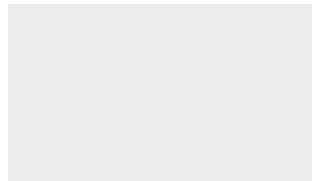
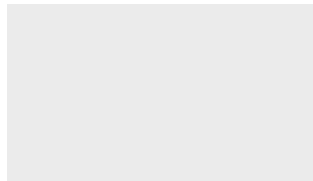
Breakfast



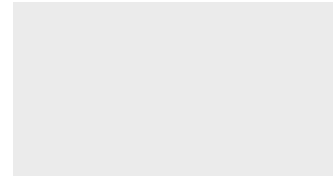
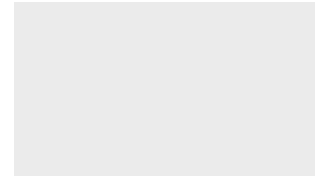
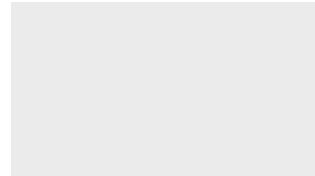
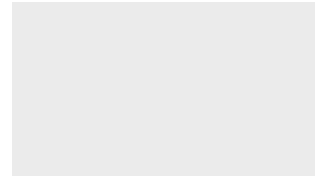
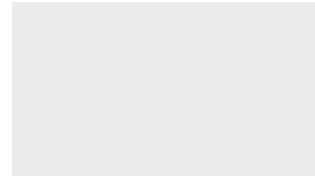
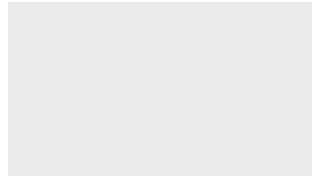
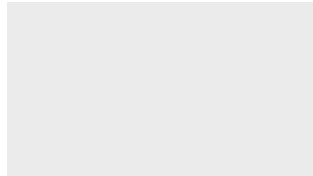
Snack



Lunch



Snack



Dinner

