

## What's Inside?



**H**ere's everything you'll find inside this guide to my 30-day challenge:

- Personal measurement tracker chart (male and female)
- A sample five-day weekly workout schedule
- A sample seven-day meal plan
- Daily rituals and lifestyle exercises to adhere to
- My top four books to read during this 30-day challenge
- Nutritional information
- Juicing information
- A grocery shopping list for the sample week's supply of food
- **BONUS:** Visit my website to gain access over 100+ exclusive exercise videos demonstrating each exercise in this program:  
[www.bodiesbybrendan.com/pages/videos](http://www.bodiesbybrendan.com/pages/videos)

And much more!

So let's get started!