



THE SHRED
POWER
CLEANSE

**Eat Clean. Get Lean.
Burn Fat.**

IAN K. SMITH, M.D.



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New York

JOURNAL ENTRY WEEK 1, DAY 1

What Went Well?

What Didn't Go Well?

What Did You Feel Throughout the Day Emotionally and Physically?

Goals You Met Today

Today's Inspiration

JOURNAL ENTRY WEEK 1, DAY 2

What Went Well?

What Didn't Go Well?

What Did You Feel Throughout the Day Emotionally and Physically?

Goals You Met Today

Today's Inspiration

JOURNAL ENTRY WEEK 1, DAY 3

What Went Well?

What Didn't Go Well?

What Did You Feel Throughout the Day Emotionally and Physically?

Goals You Met Today

Today's Inspiration

JOURNAL ENTRY WEEK 1, DAY 4

What Went Well?

What Didn't Go Well?

What Did You Feel Throughout the Day Emotionally and Physically?

Goals You Met Today

Today's Inspiration

JOURNAL ENTRY WEEK 1, DAY 5

What Went Well?

What Didn't Go Well?

What Did You Feel Throughout the Day Emotionally and Physically?

Goals You Met Today

Today's Inspiration

JOURNAL ENTRY WEEK 1, DAY 6

What Went Well?

What Didn't Go Well?

What Did You Feel Throughout the Day Emotionally and Physically?

Goals You Met Today

Today's Inspiration

JOURNAL ENTRY WEEK 1, DAY 7

What Went Well?

What Didn't Go Well?

What Did You Feel Throughout the Day Emotionally and Physically?

Goals You Met Today

Today's Inspiration

JOURNAL ENTRY WEEK 2, DAY 1

What Went Well?

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Goals You Met Today

Today's Inspiration

JOURNAL ENTRY WEEK 2, DAY 2

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JOURNAL ENTRY WEEK 2, DAY 3

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JOURNAL ENTRY WEEK 2, DAY 4

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JOURNAL ENTRY WEEK 2, DAY 5

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JOURNAL ENTRY WEEK 2, DAY 6

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What Didn't Go Well?

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JOURNAL ENTRY WEEK 2, DAY 7

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What Didn't Go Well?

What Did You Feel Throughout the Day Emotionally and Physically?

Goals You Met Today

Today's Inspiration
