



The True Man of God: A 30- Day Guide to Spiritual and Physical Discipline



Read This
First

Brother,

Most men today are out of alignment.

They either:

- Love God but neglect their body
- Build their body but neglect their soul

Both lead to weakness.

Scripture makes it clear:

"Do you not know that your bodies are temples of the Holy Spirit... therefore honor God with your bodies."

Your body is not a toy.

Your discipline is not optional.

Your family needs leadership.

Your children need an example.

Your wife needs a man with strength, discipline, and energy.

When a man lacks discipline, his household feels it.

When a man builds discipline, his household benefits.

"As for me and my house, we will serve the Lord."

Leadership begins with the man in the mirror.

This guide will help you rebuild that man.



Start Here

Identify where you currently stand.

Man Type 1

Spiritually Strong — Physically Undisciplined

You believe in God.

You read scripture.

But your physical discipline is weak.

Energy is low.

Habits are inconsistent.

Man Type 2

Physically Strong — Spiritually Weak

You train hard.

You care about nutrition.

But your relationship with God is inconsistent.

Your body is strong but your spirit is underdeveloped.

The Goal

A true man of God becomes strong in both.

Choose Your Starting Point

Physically fit but spiritually weak → Start with Part 1

Spiritually committed but physically weak → Start with Part 2

Weak in both → Follow the guide from the beginning.

Part 1 —
The
Internal
Man

Spiritual discipline builds the foundation of leadership.

Daily Devotional (20 Minutes)

Step 1 — Prayer (5 min)

- Praise God
- Confess weaknesses
- Ask for strength

Step 2 — Scripture (10 min)

Ask yourself:

- What is God teaching me?
- Where must I change?
- What discipline is required today?



7-Day Spiritual Foundation

Day 1 — 1 Corinthians 6:19-20

Day 2 — Hebrews 12:11

Day 3 — Romans 14:12

Day 4 — 1 Timothy 4:8

Day 5 — 1 Timothy 5:8

Day 6 — Proverbs 20:7

Day 7 — Philippians 4:13

Consistency matters more than perfection.

Application prompts:

- Write one obedience step from today's passage.
- Share your step with a brother.
- Pray for courage to act within 24 hours.

Reflection cue each evening:

- Where did I demonstrate discipline?
- Where did I negotiate with comfort?
- What will I do differently tomorrow?



Part 2 — The Physical Man

Your body is the tool God gave you to lead, serve, and fulfill your calling.

Weak men struggle to lead well.

You do not need complicated programs.

You need consistent discipline.

Physical standards to pursue over the next 90 days (adjust to starting point):

- Walk 8,000–12,000 steps daily.
- Perform 30 perfect push-ups in two sets.
- Hold a 60-second plank with steady breathing.
- Sleep 7–8 hours, device off 60 minutes before bed.
- Hydrate: half your bodyweight (lbs) in ounces of water.



Simple Nutrition Structure

Eat real food consistently.

Breakfast

- 3 eggs
- Oatmeal
- Fruit

Lunch

- Chicken
- Rice or potatoes
- Vegetables

Snack

- Greek yogurt
- Almonds

Dinner

- Steak, fish, or lean beef
- Rice or potatoes
- Vegetables

Drink

Water or black coffee.

Avoid

- Sugary drinks
- Fast food
- Ultra-processed snacks



Simple Training Plan

Weekly Structure

Monday — Strength

Tuesday — Walk

Wednesday — Strength

Thursday — Walk

Friday — Strength

Saturday — Long walk

Sunday — Rest + Devotional

Strength Workout

3–4 rounds

- Squats — 15 reps
- Push-ups — 10 reps
- Lunges — 10 each leg
- Plank — 30-45 sec

Increase rounds as you improve.

Progression guidelines:

- When you complete all reps with solid form and nasal breathing, add one round or add 5 reps to one movement.
- If joints ache, reduce volume and extend your walk instead.
- Log every session: date, rounds, best set, one note on mindset.

Safety basics: warm up 5 minutes (walk + arm circles), finish with gentle stretching and a 2-minute gratitude prayer.



The 30-Day Discipline Challenge

For the next 30 days commit to three things.

Daily

- Devotional time
- Walking or movement
- Real food meals

Weekly

- 3–4 strength workouts

Non-Negotiables

- Do not skip two days in a row
- Do not wait for motivation
- Show up even when you don't feel like it

Discipline is built through repetition.

Accountability cadence:

- Sunday night: plan your three workouts and grocery list.
- Midweek check: text a brother your progress photo (mirror, modest, face optional) and one scripture you're applying.
- Day 30: schedule a family dinner and share one lesson learned. Leadership multiplies when witnessed.

The Next Step

If you started this guide, you already know something:

Information alone is not enough.

Men need:

- Accountability
- Structure
- Brotherhood

That is exactly what the Shredded Man Project provides.

A brotherhood of men pursuing strength, discipline, and leadership together.

Apply Here

www.shreddedmanproject.com

Follow for Daily Leadership + Fitness

Instagram

www.instagram.com/johnfrancofit

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Final Reminder

Your body is a temple.

Your discipline is your responsibility.

Your family is watching.

Lead well.



The Undisciplined Man vs The Disciplined Man

Every man eventually becomes one of these two men.

Not by accident.

But by daily choices.

The Undisciplined Man

- Wakes up tired and unfocused
- Negotiates with his responsibilities
- Lets emotions control his actions
- Avoids hard things
- Eats whatever is convenient
- Skips workouts when motivation fades
- Says he will start “next week”
- Talks about leadership but rarely demonstrates it

His children see inconsistency.

His household feels instability.

His potential slowly disappears through small daily compromises.

The Disciplined Man

- Wakes up with purpose
- Keeps commitments even when it's hard
- Controls his habits instead of being controlled by them
- Trains his body regularly
- Invests in his spiritual life daily
- Builds strength, energy, and focus
- Leads by example instead of words

His children see discipline.

His household feels security.

His life becomes a foundation others can stand on.

The Truth

Most men already know which man they are becoming.

The difference between these two men is not talent.

It is discipline practiced daily.

Your Decision

Right now you have two choices.

Continue living with the habits that created your current results.

Or become the man God designed you to be.

Stronger.

More disciplined.

More capable of leading your household.

If You're Ready to Stop Doing This Alone

The Shredded Man Project exists for men who are serious about transformation.

Men who want:

- Structure
- Accountability
- Brotherhood
- Real physical and spiritual discipline

Apply Now

Scan the QR Code or go to:

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