



# The Shredded Man Project

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# Program Introduction & Covenant

Welcome to The Shredded Man Project: 12-Week Transformation Workbook. This process is not a motivational program—it is a rebuilding project for the man willing to invest in lasting transformation. Here, you will set a covenant: not with fleeting feelings, but with clear, uncompromising standards. You commit to daily discipline, personal responsibility, spiritual growth, and physical execution. This journey is about refusing negotiation with your excuses and emotions, choosing to act from principle instead of mood.



# The Covenant: Your Commitment

Before you move forward, set your intention. Write your personal commitments in the following core areas:

- Wake Time: \_\_\_\_\_
- Training Days: \_\_\_\_\_
- Nutrition Standard: \_\_\_\_\_
- Spiritual Practice: \_\_\_\_\_
- Sleep Minimum: \_\_\_\_\_

Committing to clarity now will set your foundation. This contract goes beyond surface-level motivation and invites you to uphold the promises you make to yourself.

## Execution Over Emotion

You will face days when you lack motivation. The Shredded Man Project is clear: you will execute based on your standards—no negotiation, no compromise. Success in this program means holding the line regardless of how you feel. When you anchor yourself in discipline, motivation becomes the result, not the requirement.

# Project Foundations: Pillars of Transformation



## Discipline

Clear routines and scheduled action trump fleeting motivation. Discipline sets the baseline for growth and results.



## Responsibility

Owning your decisions accelerates transformation. You control your outcomes through choices, not circumstances.



## Spiritual Growth

Spiritual development anchors discipline. The foundation is built by daily connection and continuity in purpose.

# Defining Your Commitments

Transformation requires more than wishful thinking; it demands intentional, written commitments across every vital area of your life. Use the spaces below to make your standards explicit. These commitments form the backbone of your program:

- Wake Time: \_\_\_\_\_
- Training Days: \_\_\_\_\_
- Nutrition Standard: \_\_\_\_\_
- Spiritual Practice: \_\_\_\_\_
- Sleep Minimum: \_\_\_\_\_

Your word is your contract. Post these commitments where you see them daily. Every day, revisit your contract to realign, refocus, and recommit.



**Action expresses priorities.**

Mahatma Gandhi

Let these words guide you: Your actions will tell the world—and yourself—what you truly value. In the coming weeks, when weakness surfaces, you will not seek a feeling to act. You will default to the standard you set today.

# The Scoring System: Daily Execution

Accountability begins with honest self-measurement. Every day, you will grade yourself on five critical behaviors. These are not vague intentions but clear, non-negotiable standards designed to keep you moving consistently toward your goals. Tracking this daily is key to sustaining momentum.

- Training completed
- Nutrition within 5% of targets
- 10,000+ steps achieved
- Spiritual discipline practiced
- No compromises with standards

Each day, score yourself 1 point per standard met for a daily total out of 5. At the end of the week, tally up to a maximum of 35:

- Minimum: 28 (required to pass a week)
- Elite: 32+ (for highest standard execution)

## Using Your Score

A daily score below minimum means you must correct course immediately. Use this feedback system to adjust your approach and guard against complacency. Remember, honesty is critical—the score reflects the truth of your execution, not your intention.

# Daily & Weekly Structure

The backbone of the Shredded Man Project is a rigorous daily structure supporting discipline in every area. Consistency across your morning, midday, and evening routines is essential for sustainable transformation. Every action, from waking up to preparing for sleep, has a role in shaping your results.

## Morning Routine

- Wake at your set time
- Drink water immediately
- Engage in prayer or devotional for clarity and focus
- Achieve first 3,000 steps

## Midday Routine

- Hit your daily protein target
- Consume only pre-planned meals
- Reach at least 7,000 steps by midday

## Evening Routine

- Finish remaining macros (carbs, fats, proteins)
- Reach a total of 10,000+ steps
- Prepare your food, clothes, and game plan for the following day

The consistent completion of these routines ensures you will never leave your transformation to chance or mood. Preparation, movement, and a connection to a higher purpose bookend each day, supporting discipline with structure.

# Non-Negotiable Habits: The Power of Small Actions

Success in the Shredded Man Project is not built on dramatic, sporadic effort—it is the sum of small, daily actions repeated relentlessly. These non-negotiables will be your anchors. No matter what challenges arise, these habits are to be protected and executed every day:

- Hydration: drink at least a gallon of water daily
- Spiritual Practice: begin or end each day in devotion
- Steps: move a minimum of 10,000 steps daily
- Nutrition: log and adhere to all macros every day
- Preparation: set the next day's plan before sleep

Let these become as routine as brushing your teeth; they are not optional. Your calendar, reminders, and accountability systems must be built around never missing these core actions.



RODED

GELATIN

I AM COMBAT

# Essential Habits for Daily Success



## Hydration

Water intake drives energy, focus, and recovery. Make drinking water non-negotiable to optimize all other habits.



## Spiritual Practice

Starting or ending your day with prayer grounds your actions in a deeper purpose, creating strength beyond the physical.



## 10,000+ Steps

Movement is non-negotiable. Consistency in hitting your step minimum catalyzes physical and mental wins.



## Preparation

Each night, set your food, gear, and schedule for tomorrow. Preparation erases excuses before they arise.

“

We are what we  
repeatedly do.  
Excellence, then, is not  
an act, but a habit.

Aristotle

# Weeks 1–4: Foundations of Identity & Ownership

The first phase of the Shredded Man Project builds the foundation for your transformation, focusing on identity, ownership, discipline, and stewardship. Each week features key teachings, execution standards, correction protocols, and assignments designed to solidify new habits, reframe self-perception, and create accountability. Let's dive deep into the essentials that define who you are and how you show up for yourself.

# Week 1: Identity— Who You Are

Scripture Focus: Genesis 1:27, Romans 12:2.

This week, realize that you don't rise to the level of your motivation—you fall to the level of your identity. Your habits are a mirror of the beliefs you hold about yourself. If you want to change your life, you must begin by changing the story you tell yourself. Identity is not inherited, it's forged through deliberate, intentional action.



# Execution Standard

- Track all food, steps, sleep, and training
- Complete every scheduled workout
- Read your identity statement daily

# Targets and Correction

- 7/7 days: fully track and score 28+
- Correction for missed day: early wake and extra cardio next morning

## Assignment

Write a 3–5 line identity statement that captures who you are becoming. Identify three common leaks in your current identity—places where your thoughts or behaviors fall short of your true standard.

By naming your leaks, you remove their power.

# Week 2: Ownership— Authority Over Your Life

Scripture Focus: Genesis 3:12, Galatians 6:5.

Blame is an anchor that keeps you stuck. When you blame others, you give away your authority. This week, learn to eliminate excuses and practice relentless ownership. Take responsibility for every choice, every slip, every win. Progress accelerates the moment you claim full ownership of your story.

## Execution Standard

- Eliminate all excuses, verbal and silent
- Track your decisions in real time

## Targets & Correction

- Zero excuses: raise standards on slips
- 5/7 days of perfect nutrition adherence
- Immediate corrective action for every excuse

## Assignment

Where have you blamed in the past week? Write your ownership statement using this template: “I allowed \_\_\_\_, now I will \_\_\_\_.” Know that the moment you take ownership, you regain power to steer the direction of your life.

# Week 3: Discipline— Falling to Your Standards

Scripture Focus: 1 Corinthians 9:27.

Discipline always beats motivation. The men who succeed are those who do what needs to be done, regardless of feeling. This week is about enforcing your discipline, forging habits in the fires of repetition, and responding to every failure with immediate correction. The world doesn't reward intentions, only action.

- Wake at the same time every day
- Complete all scheduled workouts—no matter what
- Nail your nutrition targets with 90% or better adherence

## Targets & Correction

- 7 consecutive days of workouts completed
- Miss a workout? Double down and complete two the following day

## Assignment

Record your daily act of discipline. What did you do today, specifically, that enforced your standards? Track this each evening, and you'll see discipline compound over time.



**Success is nothing more than a few simple disciplines,  
practiced every day.**

Jim Rohn

# Week 4: Stewardship —Your Body, Your Responsibility

Scripture Focus: 1 Corinthians 6:19.

View your body not as a luxury, but as a tool. How you treat your health is a reflection of your values. This week, focus on practicing stewardship—the discipline of caring for your body with reverence and respect. Logging food and sleep is essential, not optional. When you slip, reset immediately. This is your charge.

- Zero off-plan eating
- Hit your sleep minimum every night
- 100% of food intake logged

## Targets & Correction

- 5 out of 7 nights with sleep minimum achieved
- No missed meals or logs; if you slip, reset at the next opportunity

## Assignment

Reflect and write down why your health matters—not just for this program, but for every mission in your life. Let this become your anchor when discipline feels difficult.

# Weeks 5–8: Advanced Discipline & Leadership

The second phase challenges you to go further—operating at the highest standard of discipline not only for yourself, but for those you lead. This phase builds on mental and emotional mastery, reinforces your standards in all areas of life, and develops daily leadership capability. Prepare to battle internal resistance and elevate your influence.

# Week 5: Mental Warfare—Mastering the Mind

Scripture Focus: 2 Corinthians 10:5.

Your mind is your greatest weapon or your most dangerous liability. This week, relentlessly identify negative thoughts. As soon as you notice them, replace them—instantly and decisively. Every day is a battle between the narratives that make you shrink and the truths that move you forward.

## Execution Standard

- Notice and write down negative or limiting thoughts as soon as they arise
- Immediately counter them with truth: positive, actionable, and rooted in your new identity

## Assignment

Identify your top three recurring lies. Write each one and its truth replacement. Commit to catching and rewriting these thoughts every day.

# Tools for Mental Mastery



## Awareness Journal

Use a notebook or app to record negative thoughts as soon as they appear. Awareness is the first step to change.



## Truth Replacement

Speak truths over your limiting beliefs: replace 'I am weak' with 'I am disciplined and rising.' The words you repeat shape outcomes.

# Week 6: Emotional Control—Leading Your Feelings

Scripture Focus: Proverbs 16:32.

In this stage, emotions do not set your direction—you do. Use the stress protocol whenever challenging feelings arise: Pause, Pray, and Move. Logging triggers and correcting in real time is the standard. Each moment of awareness reduces the power of emotional eating and reactive behaviors.

- Pause: create a moment of stillness before reaction
- Pray: ground yourself for strength and perspective
- Move: take a walk, stretch, or do another positive activity

## Assignment

List your top stress triggers. Over the next seven days, track when each trigger appears and log both your initial reaction and your corrective action. The goal: zero episodes of emotional eating.

# Week 7: Sexual Discipline—Guarding Your Energy

Scripture Focus: 1 Thessalonians 4:3.

What you tolerate becomes your standard. This week is about the honest removal of triggers, environments, and habits that lead you to compromise your standards of sexual discipline. Avoid isolation and set clear lines around daily routines. If you slip, move to immediate accountability—don't delay correction.

- Identify personal triggers and proactively remove them
- Eliminate isolating behaviors and environments
- Report slips or struggles to an accountability partner immediately

## Assignment

List all your triggers this week. Make a plan to keep yourself out of isolation and maintain proactive accountability each day.

“

The cost of discipline is  
always less than the  
price of regret.

N.D. Wilson

# Week 8: Leadership— Starting With You

Scripture Focus: Ephesians 5:23.

Leadership begins with self-mastery. Every day this week, you will take one specific leadership action—serve, encourage, or lead someone else by example. Leadership is a practice, not a title. When you feel passive, act. Passive moments are the enemy of growth.

## Assignment

Where are you passive in your life? Write down each area. Use these as starting points for your daily leadership actions—stand up, speak up, and serve with intent.

# Weeks 9–12: Order, Brotherhood, Purpose & Standards

In the final third of The Shredded Man Project, you will install powerful systems, strengthen accountability with brotherhood, live with daily purpose, and set lasting standards that define your life beyond this program. Each week escalates your responsibility, clarity, and leadership, preparing you to thrive long after these 12 weeks are complete.

# Week 9: Order— Building Structure for Freedom

Scripture Focus: Proverbs 21:5.

True freedom doesn't come from chaos but from intentional structure. This week, eliminate random energy leaks and create order through weekly planning, scheduling, and systemizing your routines. When a system breaks, rebuild it quickly. Learning to systemize gives your goals room to breathe and thrive.

- Set time each week for planning and reviewing systems
- Document routines to make them easy to follow and maintain
- Address and fix one major broken or missing system

## Assignment

Pick one area of chaos in your week. Write down a new or improved system for it—and test its impact over the next seven days. Small upgrades compound into major results.

# Week 10: Brotherhood —The Power of Accountability

Scripture Focus: Ecclesiastes 4:9.

Real strength is forged in the fire of brotherhood, not isolation. This week, seek accountability with other men on the path. Daily check-ins with a partner transform discipline into a shared journey and sharpen resolve. When you fall, public accountability realigns standards faster than anything else.

- Choose an accountability partner
- Commit to daily check-ins, even if brief
- Bring challenges and wins to your partner for feedback

## Assignment

Write the name of your accountability partner. Reflect, each evening, on how accountability has helped you stay the course, and where you still need support.

# Brotherhood in Action



## Mutual Support

True brotherhood means sharing your struggles and your victories. Support and challenge each other daily for iron-sharpens-iron growth.



## Daily Progress

Each check-in is an opportunity to get back on track. Use your partner's perspective to spot blind spots and celebrate discipline.

# Week 11: Purpose— Living With Mission

Scripture Focus: Ephesians 2:10.

Strength demands purpose. This week, take tangible, daily steps toward living out your unique mission. Write and review your mission statement each morning. Purpose-driven action outlasts fleeting feelings and powers consistent execution.

- Take one purposeful action each day that aligns with your mission
- Reflect nightly on your sense of purpose and clarity of direction

## Assignment

Draft a mission statement that defines WHY you are pursuing this path—physically, spiritually, and relationally. Post this statement visibly and return to it whenever you lose clarity.

# Week 12: Standards— Creating Unshakeable Permanence

Scripture Focus: Joshua 24:15.

The culmination of this journey is the writing—and living—of your non-negotiable standards in every area: faith, body, leadership, and brotherhood. Standards outlast motivation and set your compass long after emotions fade. Write them, review them, and let them guide your daily decisions.

- Define non-negotiable behaviors in faith, body, leadership, and brotherhood
- Correct lapses immediately, without waiting for motivation to return
- Evaluate adherence to standards at week's end

## Assignment

List your standards for each pillar. Revisit these every week and refine as you grow.

# Correction Protocols & Assignments

Mistakes are inevitable, but how you respond makes all the difference. Correction in The Shredded Man Project is immediate and clear—no room for rationalization or delay. When a standard is missed, corrective action follows without hesitation. These actions could include extra cardio, early rising, or public accountability, depending on the standard missed. Weekly assignments ensure reflection, actionable steps, and reinforce relentless ownership.

A silhouette of a person with their arms raised in a 'V' shape, standing in front of a vibrant rainbow. The background is a bright blue sky with wispy white clouds. The word 'RESTART' is overlaid in large, semi-transparent blue capital letters across the middle of the image.

RESTART

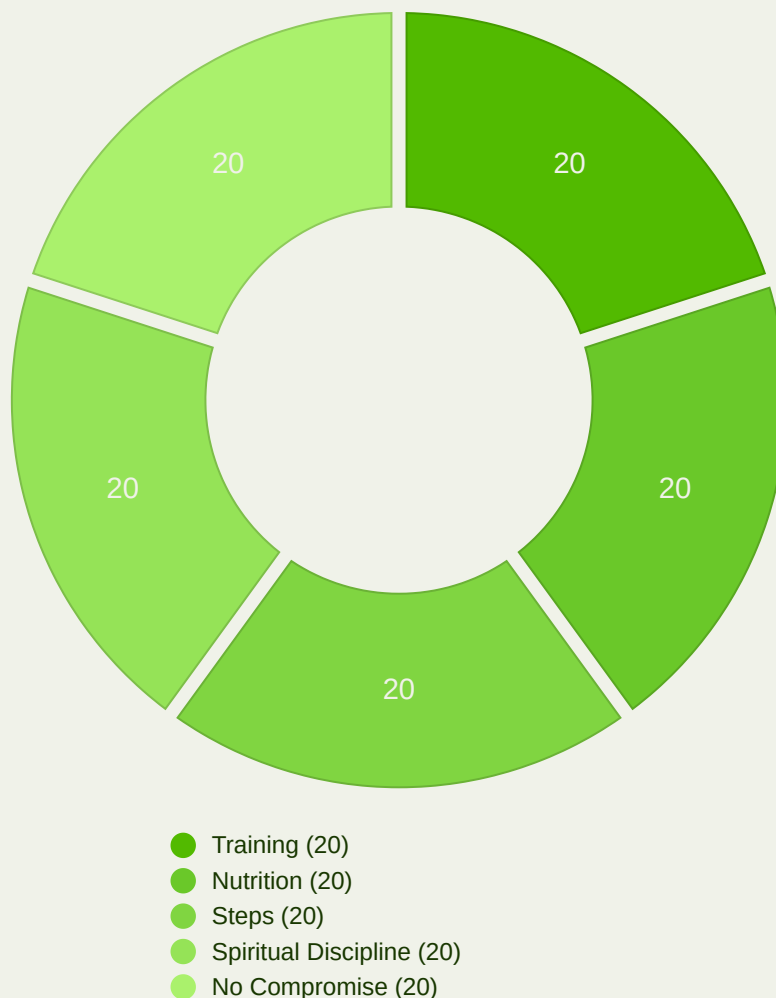
# Tracking & Scoring Tools

To ensure no area is overlooked and every habit is cultivated, this workbook includes comprehensive templates for daily and weekly tracking. Utilize scorecards, habit logs, daily commitment checklists, and sections for notes and reflection. Consistent data-driven measurement replaces self-deception with undeniable facts, empowering you to spot trends, correct course, and optimize results.

- Daily tracking of training, nutrition, steps, sleep, spiritual practice
- Scorecards for weekly review and trend identification
- Spaces for written commitments and personal reflection
- Checklists to ensure no core habit is neglected

# Visualizing Progress: How Scoring Drives Execution

Daily Execution Breakdown



This pie chart demonstrates the balanced value of each daily non-negotiable. Every habit counts equally toward your progress. Use this visual to pinpoint which areas most consistently drop your score and direct energy to shore up weaknesses. Consistent scoring creates accountability, highlights growth, and powers continual transformation.

# Final Statement & Next Steps

You don't rise to motivation—you fall to your standards. This workbook hasn't changed your life—you did, through relentless, daily execution. Celebrate your transformation not as a result of inspiration, but as proof and reward for discipline, commitment, and faithfulness to your word.

Keep pushing. Standards are your compass. Continue to raise your bar and inspire those around you by living what you preach.



# Resources & Application

Transformation never ends. Use the following resources to fuel ongoing progress and surround yourself with others on the same journey:

- Weekly check-ins: find or form an accountability group
- Further reading: explore books on discipline, leadership, and spiritual growth
- Connect with the community: [www.shreddedmanproject.com](http://www.shreddedmanproject.com)
- Apply for ongoing coaching or advanced programs

Remember, growth compounds when you share, reflect, and remain active in pursuit of your next level. The Brotherhood awaits.