



# 90 DAY ANCHORED MAN SHRED

*GOD DESIGNED US TO BE STRONG, HEALTHY, GODLY LEADERS AND PROTECTORS. YET, WE LIVE IN A WORLD THAT INCESSANTLY POLLUTES OUR MINDS, DISTRACTS US FROM WHAT'S IMPORTANT, AND LEAVES US LITTLE ENERGY TO FOCUS ON GROWING AS MEN. REALIZING OUR GOD-GIVEN POTENTIAL IS CHALLENGING WHEN WE ATTEMPT IT ALONE. WE MAKE THE MOST SIGNIFICANT GAINS AND HAVE THE MOST FUN WHEN WE WORK TOGETHER AND CHEER EACH OTHER ON.*

*WELCOME TO THE 90-DAY ANCHORED MAN SHRED! WE'RE SETTING GOALS, HOLDING EACH OTHER ACCOUNTABLE, AND TEAMING UP TO WIN IN FIVE CRITICAL ASPECTS OF MANHOOD: FAITH, FAMILY, FITNESS, FINANCES, AND FRIENDSHIPS.*

*BECAUSE WE WANT TO REFLECT THE GRACIOUS HEART OF OUR GOD, WE HAVE BUILT IN SEVEN "GRACE PASSES" IN CASE YOU GET OFF TRACK. REMEMBER, GOD DOESN'T EXPECT PERFECTION, BUT HE CARES ABOUT YOUR DIRECTION.*

*LET'S FINISH 2025 WELL, AND LAUNCH CONFIDENTLY INTO THE NEW YEAR WITH FULL HEARTS AND CLEAR MINDS. REMEMBER, THERE'S NO BREAKTHROUGH WITHOUT FOLLOW-THROUGH!*

*-PASTOR JASON*





# SHRED TEAM

*CREATE YOUR SHRED TEAM WITH A COUPLE OF GUYS YOU'LL SHARE YOUR LIFE JOURNAL WITH AND STAY ACCOUNTABLE TOGETHER THROUGHOUT THE CHALLENGE.*

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## THE SHRED

### DAILY

- TEXT LIFE JOURNAL TO A FRIEND
- PRAYER WALK
- EXERCISE 30 MIN

### MONTHLY

- FAST ONE DAY
- ACT OF SERVICE
- ACT OF GENEROSITY
- TITHE

### PHASE 2

- NO SUGAR OR ALCOHOL
- CHURCHWIDE PRAYER AND FASTING

**+** = 7 GRACE DAYS





# LIFE JOURNAL

## PHASE ONE

11/16	JOHN 1 - PROVERBS 1	12/9	1 TIMONTHY 3 - PROVERBS 24
11/17	JOHN 2 - PROVERBS 2	12/10	1 TIMONTHY 4 - PROVERBS 25
11/18	JOHN 3 - PROVERBS 3	12/11	1 TIMONTHY 5 - PROVERBS 26
11/19	JOHN 4 - PROVERBS 4	12/12	1 TIMONTHY 6 - PROVERBS 27
11/20	JOHN 5 - PROVERBS 5	12/13	2 TIMONTHY 1 - PROVERBS 28
11/21	JOHN 6 - PROVERBS 6	12/14	2 TIMONTHY 2 - PROVERBS 29
11/22	JOHN 7 - PROVERBS 7	12/15	2 TIMONTHY 3 - PROVERBS 30
11/23	JOHN 8 - PROVERBS 8	12/16	2 TIMONTHY 4 - PROVERBS 31
11/24	JOHN 9 - PROVERBS 9	12/17	JAMES 1 - PSALMS 1
11/25	JOHN 10 - PROVERBS 10	12/18	JAMES 2 - PSALMS 2
11/26	JOHN 11 - PROVERBS 11	12/19	JAMES 3 - PSALMS 3
11/27	JOHN 12 - PROVERBS 12	12/20	JAMES 4 - PSALMS 4
11/28	JOHN 13 - PROVERBS 13	12/21	JAMES 5 - PSALMS 5
11/29	JOHN 14 - PROVERBS 14	12/22	PHILIPPIANS 1 - PSALMS 6
11/30	JOHN 15 - PROVERBS 15	12/23	PHILIPPIANS 2 - PSALMS 7
12/1	JOHN 16 - PROVERBS 16	12/24	PHILIPPIANS 3 - PSALMS 8
12/2	JOHN 17 - PROVERBS 17	12/25	PHILIPPIANS 4 - PSALMS 9
12/3	JOHN 18 - PROVERBS 18	12/26	ROMANS 1 - PSALMS 10
12/4	JOHN 19 - PROVERBS 19	12/27	ROMANS 2 - PSALMS 11
12/5	JOHN 20 - PROVERBS 20	12/28	ROMANS 3 - PSALMS 12
12/6	JOHN 21 - PROVERBS 21	12/29	ROMANS 4 - PSALMS 13
12/7	1 TIMOTHY 1 - PROVERBS 22	12/30	ROMANS 5 - PSALMS 14
12/8	1 TIMONTHY 2 - PROVERBS 23	12/31	ROMANS 6 - PSALMS 15





# LIFE JOURNAL

## PHASE TWO

1/1	ROMANS 7 - PSALMS 16	1/23	ACTS 13 - PSALMS 38
1/2	ROMANS 8 - PSALMS 17	1/24	ACTS 14 - PSALMS 39
1/3	ROMANS 9 - PSALMS 18	1/25	ACTS 15 - PSALMS 40
1/4	ROMANS 10 - PSALMS 19	1/26	ACTS 16 - PSALMS 41
1/5	ROMANS 11 - PSALMS 20	1/27	ACTS 17 - PSALMS 42
1/6	ROMANS 12 - PSALMS 21	1/28	ACTS 18 - PSALMS 43
1/7	ROMANS 13 - PSALMS 22	1/29	ACTS 19 - PSALMS 44
1/8	ROMANS 14 - PSALMS 23	1/30	ACTS 20 - PSALMS 45
1/9	ROMANS 15 - PSALMS 24	1/31	ACTS 21 - PSALMS 46
1/10	ROMANS 16 - PSALMS 25	2/1	ACTS 22 - PSALMS 47
1/11	ACTS 1 - PSALMS 26	2/2	ACTS 23 - PSALMS 48
1/12	ACTS 2 - PSALMS 27	2/3	ACTS 24 - PSALMS 49
1/13	ACTS 3 - PSALMS 28	2/4	ACTS 25 - PSALMS 50
1/14	ACTS 4 - PSALMS 29	2/5	ACTS 26 - PSALMS 51
1/15	ACTS 5 - PSALMS 30	2/6	ACTS 27 - PSALMS 52
1/16	ACTS 6 - PSALMS 31	2/7	ACTS 28 - PSALMS 53
1/17	ACTS 7 - PSALMS 32	2/8	GALATIANS 1 - PSALMS 54
1/18	ACTS 8 - PSALMS 33	2/9	GALATIANS 2 - PSALMS 55
1/19	ACTS 9 - PSALMS 34	2/10	GALATIANS 3 - PSALMS 56
1/20	ACTS 10 - PSALMS 35	2/11	GALATIANS 4 - PSALMS 57
1/21	ACTS 11 - PSALMS 36	2/12	GALATIANS 5 - PSALMS 58
1/22	ACTS 12 - PSALMS 37	2/13	GALATIANS 6 - PSALMS 59

