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More than just a typical log book, this complete Success Journal guides you, day by day, step by step, through the entire 12-week Program. Bill Phillips designed this book to help you stay focused and inspired. Through its pages, he will be with you every step of the way and so will other people who have successfully completed the Program. Each and every day they will support you, encourage you, and help you complete the Program in championship style. When you finish this Success Journal, it will document your success story. However, the real reward will be your new, transformed body and your clear, empowered mindset.

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Editorial Review

About the Author

Bill Phillips is the founder and editor in chief of *Muscle Media®* magazine and the creator of EAS (Experimental and Applied Sciences). Michael D'Orso is the coauthor of *Walking With the Wind: A Memoir of the Movement* and *Winning With Integrity: How to Get What You Want Without Selling Your Soul*.

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