START DATE:	
END DATE:	
GOAL:	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	32	33	34	35
36	37	38	39	40	41	42
43	44	45	46	47	48	49
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64	65	66	67	68	69	70
	71	72	73	74	75	Y

"SUCCESS ISN'T ALWAYS ABOUT GREATNESS. IT'S ABOUT CONSISTENCY. CONSISTENT HARD WORK GAINS SUCCESS. GREATNESS WILL COME."

HABITS	1	2	3	4	5	6	7
FOLLOW A DIET	-						
WORKOUT 2X 45 MIN EACH	→						
DRINK 1 GALLON H20							
READ 10 PAGES							
NO ALCOHOL/CHEAT MEALS	-						
PROGRESS PIC	→ [
	FOLLOW A DIET WORKOUT 2X 45 MIN EACH DRINK 1 GALLON H2O READ 10 PAGES NO ALCOHOL/CHEAT MEALS	FOLLOW A DIET WORKOUT 2X 45 MIN EACH DRINK 1 GALLON H2O READ 10 PAGES NO ALCOHOL/CHEAT MEALS	FOLLOW A DIET WORKOUT 2X 45 MIN EACH DRINK 1 GALLON H2O READ 10 PAGES NO ALCOHOL/CHEAT MEALS	FOLLOW A DIET WORKOUT 2X 45 MIN EACH DRINK 1 GALLON H2O READ 10 PAGES NO ALCOHOL/CHEAT MEALS	FOLLOW A DIET □ □ □ WORKOUT 2X 45 MIN EACH □ □ □ DRINK 1 GALLON H2O □ □ □ READ 10 PAGES □ □ □ NO ALCOHOL/CHEAT MEALS □ □ □	FOLLOW A DIET WORKOUT 2X 45 MIN EACH DRINK 1 GALLON H2O READ 10 PAGES NO ALCOHOL/CHEAT MEALS	FOLLOW A DIET \bigcirc

	HABITS	1	2	3	4	5	6	7
	FOLLOW A DIET							
2	WORKOUT 2X 45 MIN EACH —							
ЕX	DRINK 1 GALLON H20							
N N N	READ 10 PAGES							
>	NO ALCOHOL/CHEAT MEALS							
	PROGRESS PIC							

	HABITS	1	2	3	4	5	6	7
	FOLLOW A DIET	→						
3	WORKOUT 2X 45 MIN EACH	→						
EK	DRINK 1 GALLON H20	-						
	READ 10 PAGES	->						
	NO ALCOHOL/CHEAT MEALS	->						
	PROGRESS PIC	→						

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"MOTIVATION IS WHAT GETS YOU STARTED. HABIT IS WHAT KEEPS YOU GOING."

	HABITS	1	2	3	4	5	6	7
	FOLLOW A DIET							
4	WORKOUT 2X 45 MIN EACH —							
ΕK	DRINK 1 GALLON H20							
NEI	READ 10 PAGES							
>	NO ALCOHOL/CHEAT MEALS							
	PROGRESS PIC							

	HABITS	1	2	3	4	5	6	7
	FOLLOW A DIET							
ß	WORKOUT 2X 45 MIN EACH							
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	PROGRESS PIC							

	HABITS	1	2	3	4	5	6	7
	FOLLOW A DIET							
9	WORKOUT 2X 45 MIN EACH —							
EK	DRINK 1 GALLON H20							
٧EI	READ 10 PAGES							
>	NO ALCOHOL/CHEAT MEALS							
	PROGRESS PIC							

"OBSTACLES CAN'T STOP YOU. PROBLEMS CAN'T STOP YOU. PEOPLE CAN'T STOP YOU. ONLY YOU CAN STOP YOU."

HABITS	1	2	3	4	5	6	7
FOLLOW A DIET							
WORKOUT 2X 45 MIN EACH							
DRINK 1 GALLON H20							
READ 10 PAGES							
NO ALCOHOL/CHEAT MEALS							
PROGRESS PIC							
	FOLLOW A DIET WORKOUT 2X 45 MIN EACH DRINK 1 GALLON H2O READ 10 PAGES NO ALCOHOL/CHEAT MEALS	FOLLOW A DIET OVERATION A DIET OVERATION A DIET OVERATION ALCOHOL/CHEAT MEALS OVERATION ALCOHOL AL	FOLLOW A DIET WORKOUT 2X 45 MIN EACH DRINK 1 GALLON H2O READ 10 PAGES NO ALCOHOL/CHEAT MEALS	FOLLOW A DIET WORKOUT 2X 45 MIN EACH DRINK 1 GALLON H2O READ 10 PAGES NO ALCOHOL/CHEAT MEALS	FOLLOW A DIET WORKOUT 2X 45 MIN EACH DRINK 1 GALLON H2O READ 10 PAGES NO ALCOHOL/CHEAT MEALS	FOLLOW A DIET WORKOUT 2X 45 MIN EACH DRINK 1 GALLON H2O READ 10 PAGES NO ALCOHOL/CHEAT MEALS	FOLLOW A DIET WORKOUT 2X 45 MIN EACH DRINK 1 GALLON H2O READ 10 PAGES NO ALCOHOL/CHEAT MEALS

	HABITS	1	2	3	4	5	6	7
	FOLLOW A DIET	→						
œ	WORKOUT 2X 45 MIN EACH	-						
Ц	DRINK 1 GALLON H20							
N N	READ 10 PAGES	→						
>	NO ALCOHOL/CHEAT MEALS	→						
	PROGRESS PIC							

	HABITS	1	2	3	4	5	6	7
	FOLLOW A DIET							
6	WORKOUT 2X 45 MIN EACH —							
ШX	DRINK 1 GALLON H20							
N N	READ 10 PAGES							
	NO ALCOHOL/CHEAT MEALS							
	PROGRESS PIC							

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	HABITS	1	2	3	4	5	6	7
	FOLLOW A DIET							
<u>o</u>	WORKOUT 2X 45 MIN EACH	→						
×	DRINK 1 GALLON H20	→						
μ Ξ Ξ	READ 10 PAGES	→						
5	NO ALCOHOL/CHEAT MEALS	→						
	PROGRESS PIC							

	HABITS	1	2	3	4	5
WEEK 11	FOLLOW A DIET					
	WORKOUT 2X 45 MIN EACH	→				
	DRINK 1 GALLON H20	→				
	READ 10 PAGES	→				
	NO ALCOHOL/CHEAT MEALS	→				
	PROGRESS PIC	→				

YOU DID IT!