




You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine.



14 DAY CHALLENGE

establishing small habits that will help you stay disciplined

by [klaudiakobiela](#)



Consistency is what transforms average into excellence.

HI DEAR FRIEND,

I AM INCREDIBLY HAPPY TO HAVE YOU ON BOARD BECAUSE THAT MEANS THAT YOU DID YOUR FIRST STEP TOWARDS A BETTER YOU. BUILDING HABITS IS CRUCIAL TO MAKE YOUR DREAMS HAPPEN.

14 DAY CHALLENGE

THAT MIGHT SOUND VERY DRAMATIC BUT IT'S TRUE. YOU NEED TO START ESTABLISHING HEALTHY AND PRODUCTIVE HABITS TO CREATE A GOOD FLOW IN YOUR LIFE. IT TAKES A LONG TIME TO ACTUALLY MAKE A ROUTINE A HABIT BUT WE ALL NEED TO START SOMEWHERE. YOU WILL HAVE DAYS THAT WILL NOT BE EASY... THESE ARE THE MOST IMPORTANT ONES, SINCE THEY SHAPE YOUR WHOLE CHARACTER. ONCE YOUR ROUTINE IS SET, MASTERING SELF-DISCIPLINE WILL BE SO MUCH EASIER. DISCIPLINE IS WHAT TAKES US TO A PLACE WHERE WE CAN ACHIEVE ANYTHING WE WANT. PUTTING THE HARD WORK IN AND STAYING CONSISTENT IS THE KEY. THERE IS NO LUCK IN LIFE, THERE IS NO TOO STUPID IN LIFE. LIFE IS ABOUT DOING. DEEP INSIDE YOU KNOW EXACTLY WHAT YOU NEED TO DO AND WHAT IT TAKES TO GET WHERE YOU WANT TO BE. YOU ARE JUST TOO LAZY, TOO SCARED OR YOU THINK YOU CAN DO IT LATER. THESE EXCUSES ARE NOT VALID MY FRIEND, IT'S EITHER NOW OR NEVER. THE BEST THINGS HAPPEN WHEN YOU ARE LIVING LIKE THE BEST VERSION OF YOURSELF. THEY WILL COME WHEN YOU EXPECT THEM THE LEAST. I KNOW THOSE OF YOU WHO WILL STICK TO THIS CHALLENGE RELIGIOUSLY WILL EXPERIENCE THE POWER OF IT. WE WILL GROW TOGETHER AND I WOULD LOVE TO HEAR YOUR DAILY UPDATES ON IT. HOW DID YOU FEEL? WHAT WAS THE HARDEST THING TODAY? HOW DID YOU OVERCOME THE LAZY VOICE IN YOU? SHARE IT WITH ME ON ANY OF MY SOCIAL MEDIA ACCOUNTS. CAN'T WAIT FOR IT.

NOW IT'S YOUR TIME TO SHINE!

ON THE FOLLOWING PAGES I WILL EXACTLY EXPLAIN YOU THE HABITS THIS CHALLENGE INCLUDES. STAY EXCITED!

1. EATING YOUR DESIRED AMOUNT OF CALORIES

IF YOU WANT TO TRANSFORM YOUR BODY, YOU NEED TO MAKE SURE YOU ARE EATING THE RIGHT AMOUNT OF CALORIES. YOU WANT TO LOSE WEIGHT? STAY IN A CALORIC DEFICIT. YOU WANT TO GAIN WEIGHT? STAY IN A CALORIC SURPLUS. THESE NUMBERS VARY FROM PERSON TO PERSON (HEIGHT, WEIGHT, AGE, ACTIVITY). THE BEST WAY TO FIND OUT YOUR DESIRED AMOUNT IS TO FIND A CALORIE/MACRO CALCULATOR ON THE INTERNET. (I'M USING THE ONE FROM GAINSBYBRAINS).

2. HIGH PROTEIN INTAKE

A DIET HIGH IN PROTEIN IS IMPORTANT TO KEEP YOUR MUSCLES AND STAY TONED. THE SAME AS CALORIES THE PROTEIN INTAKE VARY IN YOUR PERSONAL INFORMATION. THE RULE OF THUMB IS: 1G PROTEIN PER 1 POUND (EXAMPLE: MY WEIGHT IS 127LBS X 1G = 127G). I PERSONALLY INCREASE THAT EVEN MORE AND EAT 140G BECAUSE I DO A LOT OF WEIGHT LIFTING AND MY GOAL IS TO BUILD MUSCLES.

3. 30 MIN WORKOUT (MINIMUM 30 MIN)

OK GUYS, PAY ATTENTION, FOR ME WORKING OUT IS THE MOST IMPORTANT BUT AT THE SAME TIME THE MOST DIFFICULT HABIT TO MASTER. WORKING OUT WILL CHANGE YOUR BODY, YOUR MOOD, YOUR CONFIDENCE AND WELL BEING OVER ALL. I USUALLY TRAIN 5 TIMES A WEEK. (3X LOWER BODY AND 2X UPPER BODY). I THOUGHT THERE WAS SOMETHING MISSING IN MY ROUTINE SO I DECIDED TO WORKOUT ON THE 2 REST DAYS AND DO HIIT WORKOUTS. I BELIEVE THEY HAVE A HUGE IMPACT ON YOUR OVERALL PHYSIQUE AND ARE JUST A GREAT ADDITION TO WEIGHT LIFTING. REST DAYS WHO?!

4. 2 LITRES OF WATER

DRINKING WATER HAS SO MANY BENEFITS. IT HYDRATES YOUR BODY, CLEARS YOUR SKIN, HELPS YOU WITH BLOOD CIRCULATION AND SO ON. FOR ME PERSONALLY I FOUND THAT IT PREVENTS ME FROM GETTING HEADACHES. EVERY TIME I SUFFER FROM IT I REALISE THAT I DIDN'T DRINK ENOUGH WATER THAT DAY. BUT HOW ARE YOU ABLE TO DRINK SO MUCH WATER? I DO IT ALL AS EARLY AS POSSIBLE TO GET IT OUT OF MY WAY. I DRINK ONE BOTTLE WHEN I EXERCISE AND ONE WHILE READING A BOOK. STAY HYDRATED!

5. 10.000 STEPS

WE ARE DESIGNED TO WALK! OUR ANCESTORS WERE WALKING ALL THE TIME. NOW EVERYONE GOT LAZY AND WE TRY TO WALK AS LITTLE AS POSSIBLE. BUT YOU ARE ABOUT TO CHANGE THAT NOW. ON YOUR DAILY WALKS YOU WILL HAVE ALSO ENOUGH TIME FOR YOURSELF AND YOUR THOUGHTS. WE ARE CONSTANTLY ON OUR PHONES, LISTENING TO SOMETHING OR WATCHING VIDEOS. YOU NEED TO HAVE TIME IN YOUR DAY WHERE YOU ARE JUST WITH YOURSELF. THIS IS THE PERFECT OPPORTUNITY. MAKE IT EASY FOR YOURSELF. WALK EVERYWHERE. YOU WANT TO TAKE A TRAM? WALK. YOU WANT TO TAKE THE CAR? WALK. FIND WAYS TO MAKE IT EASIER FOR YOURSELF.

6. 10 PAGES OF A NON FICTION BOOK

WE ALL LOVE OUR LOVE STORY BOOKS BUT WHEN YOU WANT TO LEARN NEW SKILLS AND IMPROVE YOUR LIFE THESE ARE RATHER USELESS. READING SELF IMPROVEMENT BOOKS IS CRUCIAL FOR YOUR PERSONAL DEVELOPMENT. IT WILL OPEN NEW HORIZONS FOR YOU AND SHOW YOU THE OTHER SIDE OF THE WORLD. I HAVE ALL MY FAVOURITE BOOK LINKED IN MY AMAZON STORE FRONT IF YOU WOULD LIKE TO CHECK IT OUT.

7. ONLY HEALTHY SNACKS

I USUALLY USED TO JUST EAT TO MATCH MY MACROS. SO SWEETS AND SALTY SNACKS WERE TOTALLY OK. BUT I KNEW EATING A LOT OF SUGAR AND PROCESSED FOOD IS NOT GOOD FOR ME. EVEN THOUGH I WAS EATING THE RIGHT AMOUNT I DIDN'T FEEL LIKE I WAS LIVING A HEALTHY LIFESTYLE. INCORPORATING THIS HABIT INTO MY CHALLENGE WAS SUPER IMPORTANT. I DON'T THINK THAT AVOIDING IT COMPLETELY FOR THE REST OF YOUR LIFE IS GOOD. I DEFINITELY WILL EAT SWEETS AND FAST FOOD HERE AND THERE BECAUSE I LOVE IT AND I DON'T WANT TO RESTRICT MYSELF FOR THE REST OF MY LIFE. BUT NOW I WILL NOT EAT IT FOR 14 DAYS BECAUSE I BELIEVE IT WILL HELP ME DEAL WITH MY CRAVINGS BETTER IN THE FUTURE.

8. ACCOMPLISH AT LEAST 3 TO DO'S ON YOUR LIST

ACCOMPLISHING TASKS IS SO SATISFYING! IT FEELS LIKE YOU HAVE YOUR SHIT TOGETHER. WRITE AT LEAST 3 THINGS YOU NEED TO DO TODAY AND DO THEM! FOCUS ON THE MOST IMPORTANT ONES.

LITTLE INSTRUCTION

- **STUDY THE HABITS AND MAKE SURE YOUR ENVIRONMENT IS WELL PREPARED TO DO ALL OF IT. FOR EXAMPLE: PREPARE A BOTTLE OR A GLASS FOR DRINKING YOUR 2L OF WATER EVERY DAY. USE THAT TOOL EVERY DAY. (I USE A 1L BOTTLE AND KNOW EXACTLY I NEED TO DRINK 2 OF THESE A DAY. WHEN I SEE IT ON THE TABLE IT ALWAYS REMINDS ME OF IT) THIS WILL GIVE YOU MORE STRUCTURE AND CLARITY.**
- **PLAN YOUR DAY AND HABITS. IN THE DAILY CHARTS YOU WILL FIND A SCHEDULE WHERE YOU WILL STRUCTURE YOUR DAY HOUR BY HOUR. IT ALLOWS YOU TO HAVE A CLEAR UNDERSTANDING OF YOUR DAY AND THERE WILL BE NO EXCUSES LIKE "I DIDN'T HAVE TIME TODAY". WHAT I SUGGEST PLANNING EVERY DAY: WAKE UP TIME, WORK/STUDY, BREAKFAST, LUNCH, DINNER, WORKOUT, READING, FREE TIME.**
- **WRITE DOWN YOUR TO DO'S FOR THE DAY. DO THEM AS EARLY AS POSSIBLE AS THIS SETS THE TONE FOR THE DAY. STARTING YOUR DAY BEING PRODUCTIVE MAKES YOUR WHOLE LIFE EASIER. YOUR "TO DO LIST" MIGHT BE LONGER THAN 3 THINGS, WRITE ALL OF THEM DOWN AND MAKE SURE YOU ACCOMPLISH 3 OF THEM. I SUGGEST YOU TO FOCUS ON THE MOST IMPORTANT ONES.**
- **EVERY EVENING WRITE YOUR THOUGHTS DOWN AND ANSWER THE QUESTIONS ON THE SECOND DAILY CHART. BY DOING THAT YOU CAN ANALYSE YOUR FEELINGS AND SEE HOW YOU FEEL ABOUT THE HABITS INDIVIDUALLY. SOME WILL BE MORE DIFFICULT AND SOME EASIER. THAT DEPENDS ON YOUR LIFESTYLE BEFORE STARTING THE CHALLENGE.**
- **THINK OF A REWARD YOU WILL GIVE TO YOURSELF AFTER ACCOMPLISHING THE CHALLENGE. THIS WILL HELP YOU GET THROUGH THE TOUGH TIMES.**
- **START TODAY. THERE IS NO GOOD OR BAD TIME TO START SOMETHING. THE BEST TIME IS NOW. PEOPLE LIKE TO THINK A LOT ABOUT WHAT THEY WILL DO AND BEING SUPER EXCITED ABOUT IT. BUT WHEN IT'S TIME TO ACTUALLY DO IT, IT'S NOT SO FUN ANYMORE. DON'T BE THAT PERSON.**

14 DAY CHALLENGE DAY 1

DATE:

M T W T F S S

HABITS

- YOUR DESIRED AMOUNT OF CALORIES
- HIGH PROTEIN INTAKE
- 30 MIN WORKOUT
- 2 LITRES OF WATER
- 10K STEPS
- 10 PAGES OF A NON FICTION BOOK
- ONLY HEALTHY SNACKS

SCHEDULE:

time	activity

TO DO'S:

-
-
-
-
-
-
-

MEAL:

breakfast:

lunch:

dinner:

snacks:

THOUGHTS:

HOW DID YOU FEEL TODAY?

WHAT WAS THE MOST CHALLENGING HABIT AND WHY?

WHAT WAS THE EASIEST HABIT AND WHY?

WHAT CAN YOU CHANGE TO MAKE THE CHALLENGE EASIER TOMORROW?

NOTES

14 DAY CHALLENGE

DAY 2

DATE:

M T W T F S S

HABITS

- YOUR DESIRED AMOUNT OF CALORIES

- HIGH PROTEIN INTAKE

- 30 MIN WORKOUT

- 2 LITRES OF WATER

- 10K STEPS

- 10 PAGES OF A NON FICTION BOOK

- ONLY HEALTHY SNACKS

SCHEDULE:

<i>time</i>	<i>activity</i>

TO DO'S:

MEAL:

breakfast:

lunch:

dinner:

snacks:

THOUGHTS:

HOW DID YOU FEEL TODAY?

WHAT WAS THE MOST CHALLENGING HABIT AND WHY?

WHAT WAS THE EASIEST HABIT AND WHY?

WHAT CAN YOU CHANGE TO MAKE THE CHALLENGE EASIER TOMORROW?

NOTES

14 DAY CHALLENGE DAY 3

DATE: _____
M T W T F S S

HABITS

- YOUR DESIRED AMOUNT OF CALORIES _____
- HIGH PROTEIN INTAKE _____
- 30 MIN WORKOUT _____
- 2 LITRES OF WATER _____
- 10K STEPS _____
- 10 PAGES OF A NON FICTION BOOK _____
- ONLY HEALTHY SNACKS _____

SCHEDULE:

<i>time</i>	<i>activity</i>

TO DO'S:

-
-
-
-
-
-
-
-

MEAL:

- breakfast:*
- lunch:*
- dinner:*
- snacks:*

THOUGHTS:

HOW DID YOU FEEL TODAY?

.....

.....

.....

.....

.....

WHAT WAS THE MOST CHALLENGING HABIT AND WHY?

.....

.....

.....

WHAT WAS THE EASIEST HABIT AND WHY?

.....

.....

.....

WHAT CAN YOU CHANGE TO MAKE THE CHALLENGE EASIER TOMORROW?

.....

.....

.....

.....

.....

NOTES

.....

.....

.....

.....

.....

14 DAY CHALLENGE

DAY 4

DATE:

M T W T F S S

HABITS

- YOUR DESIRED AMOUNT OF CALORIES _____
- HIGH PROTEIN INTAKE _____
- 30 MIN WORKOUT _____
- 2 LITRES OF WATER _____
- 10K STEPS _____
- 10 PAGES OF A NON FICTION BOOK _____
- ONLY HEALTHY SNACKS _____

SCHEDULE:

<i>time</i>	<i>activity</i>

TO DO'S:

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

MEAL:

breakfast:

lunch:

dinner:

snacks:

THOUGHTS:

HOW DID YOU FEEL TODAY?

.....

.....

.....

.....

.....

WHAT WAS THE MOST CHALLENGING HABIT AND WHY?

.....

.....

.....

WHAT WAS THE EASIEST HABIT AND WHY?

.....

.....

.....

WHAT CAN YOU CHANGE TO MAKE THE CHALLENGE EASIER TOMORROW?

.....

.....

.....

.....

.....

NOTES

.....

.....

.....

.....

.....

14 DAY CHALLENGE

DAY 5

DATE:

M T W T F S S

HABITS

- YOUR DESIRED AMOUNT OF CALORIES _____
- HIGH PROTEIN INTAKE _____
- 30 MIN WORKOUT _____
- 2 LITRES OF WATER _____
- 10K STEPS _____
- 10 PAGES OF A NON FICTION BOOK _____
- ONLY HEALTHY SNACKS _____

SCHEDULE:

<i>time</i>	<i>activity</i>

TO DO'S:

MEAL:

breakfast:

lunch:

dinner:

snacks:

THOUGHTS:

HOW DID YOU FEEL TODAY?

WHAT WAS THE MOST CHALLENGING HABIT AND WHY?

WHAT WAS THE EASIEST HABIT AND WHY?

WHAT CAN YOU CHANGE TO MAKE THE CHALLENGE EASIER TOMORROW?

NOTES

14 DAY CHALLENGE DAY 6

DATE:

M T W T F S S

HABITS

- YOUR DESIRED AMOUNT OF CALORIES
- HIGH PROTEIN INTAKE
- 30 MIN WORKOUT
- 2 LITRES OF WATER
- 10K STEPS
- 10 PAGES OF A NON FICTION BOOK
- ONLY HEALTHY SNACKS

SCHEDULE:

<i>time</i>		<i>activity</i>

TO DO'S:

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

MEAL:

breakfast:

lunch:

dinner:

snacks:

THOUGHTS:

HOW DID YOU FEEL TODAY?

WHAT WAS THE MOST CHALLENGING HABIT AND WHY?

WHAT WAS THE EASIEST HABIT AND WHY?

WHAT CAN YOU CHANGE TO MAKE THE CHALLENGE EASIER TOMORROW?

NOTES

14 DAY CHALLENGE DAY 7

DATE:
M T W T F S S

HABITS

- YOUR DESIRED AMOUNT OF CALORIES _____
- HIGH PROTEIN INTAKE _____
- 30 MIN WORKOUT _____
- 2 LITRES OF WATER _____
- 10K STEPS _____
- 10 PAGES OF A NON FICTION BOOK _____
- ONLY HEALTHY SNACKS _____

SCHEDULE:

<i>time</i>	<i>activity</i>

TO DO'S:

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

MEAL:

breakfast:

lunch:

dinner:

snacks:

THOUGHTS:

HOW DID YOU FEEL TODAY?

WHAT WAS THE MOST CHALLENGING HABIT AND WHY?

WHAT WAS THE EASIEST HABIT AND WHY?

WHAT CAN YOU CHANGE TO MAKE THE CHALLENGE EASIER TOMORROW?

NOTES

14 DAY CHALLENGE

DAY 8

DATE: _____

M T W T F S S

HABITS

- YOUR DESIRED AMOUNT OF CALORIES

- HIGH PROTEIN INTAKE

- 30 MIN WORKOUT

- 2 LITRES OF WATER

- 10K STEPS

- 10 PAGES OF A NON FICTION BOOK

- ONLY HEALTHY SNACKS

SCHEDULE:

<i>time</i>	<i>activity</i>

TO DO'S:

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

MEAL:

breakfast:

lunch:

dinner:

snacks:

THOUGHTS:

HOW DID YOU FEEL TODAY?

WHAT WAS THE MOST CHALLENGING HABIT AND WHY?

WHAT WAS THE EASIEST HABIT AND WHY?

WHAT CAN YOU CHANGE TO MAKE THE CHALLENGE EASIER TOMORROW?

NOTES

14 DAY CHALLENGE

DAY 9

DATE: _____
M T W T F S S

HABITS

- YOUR DESIRED AMOUNT OF CALORIES _____
- HIGH PROTEIN INTAKE _____
- 30 MIN WORKOUT _____
- 2 LITRES OF WATER _____
- 10K STEPS _____
- 10 PAGES OF A NON FICTION BOOK _____
- ONLY HEALTHY SNACKS _____

SCHEDULE:

<i>time</i>		<i>activity</i>

TO DO'S:

MEAL:

breakfast: _____

lunch: _____

dinner: _____

snacks: _____

THOUGHTS:

HOW DID YOU FEEL TODAY?

WHAT WAS THE MOST CHALLENGING HABIT AND WHY?

WHAT WAS THE EASIEST HABIT AND WHY?

WHAT CAN YOU CHANGE TO MAKE THE CHALLENGE EASIER TOMORROW?

NOTES

14 DAY CHALLENGE

DAY 10

DATE:
M T W T F S S

HABITS

- YOUR DESIRED AMOUNT OF CALORIES
- HIGH PROTEIN INTAKE
- 30 MIN WORKOUT
- 2 LITRES OF WATER
- 10K STEPS
- 10 PAGES OF A NON FICTION BOOK
- ONLY HEALTHY SNACKS

SCHEDULE:

<i>time</i>	<i>activity</i>

TO DO'S:

MEAL:

breakfast:

lunch:

dinner:

snacks:

THOUGHTS:

HOW DID YOU FEEL TODAY?

WHAT WAS THE MOST CHALLENGING HABIT AND WHY?

WHAT WAS THE EASIEST HABIT AND WHY?

WHAT CAN YOU CHANGE TO MAKE THE CHALLENGE EASIER TOMORROW?

NOTES

DATE: _____

M T W T F S S

14 DAY CHALLENGE DAY 11

HABITS

- YOUR DESIRED AMOUNT OF CALORIES

- HIGH PROTEIN INTAKE

- 30 MIN WORKOUT

- 2 LITRES OF WATER

- 10K STEPS

- 10 PAGES OF A NON FICTION BOOK

- ONLY HEALTHY SNACKS

SCHEDULE:

<i>time</i>		<i>activity</i>

TO DO'S:

MEAL:

breakfast: _____

lunch: _____

dinner: _____

snacks: _____

THOUGHTS:

HOW DID YOU FEEL TODAY?

WHAT WAS THE MOST CHALLENGING HABIT AND WHY?

WHAT WAS THE EASIEST HABIT AND WHY?

WHAT CAN YOU CHANGE TO MAKE THE CHALLENGE EASIER TOMORROW?

NOTES

14 DAY CHALLENGE

DAY 12

DATE:

M T W T F S S

HABITS

- YOUR DESIRED AMOUNT OF CALORIES

- HIGH PROTEIN INTAKE

- 30 MIN WORKOUT

- 2 LITRES OF WATER

- 10K STEPS

- 10 PAGES OF A NON FICTION BOOK

- ONLY HEALTHY SNACKS

SCHEDULE:

<i>time</i>	<i>activity</i>

TO DO'S:

MEAL:

breakfast:

lunch:

dinner:

snacks:

THOUGHTS:

HOW DID YOU FEEL TODAY?

WHAT WAS THE MOST CHALLENGING HABIT AND WHY?

WHAT WAS THE EASIEST HABIT AND WHY?

WHAT CAN YOU CHANGE TO MAKE THE CHALLENGE EASIER TOMORROW?

NOTES

THOUGHTS:

HOW DID YOU FEEL TODAY?

WHAT WAS THE MOST CHALLENGING HABIT AND WHY?

WHAT WAS THE EASIEST HABIT AND WHY?

WHAT CAN YOU CHANGE TO MAKE THE CHALLENGE EASIER TOMORROW?

NOTES

14 DAY CHALLENGE

DAY 14

DATE: _____
M T W T F S S

HABITS

- YOUR DESIRED AMOUNT OF CALORIES

- HIGH PROTEIN INTAKE

- 30 MIN WORKOUT

- 2 LITRES OF WATER

- 10K STEPS

- 10 PAGES OF A NON FICTION BOOK

- ONLY HEALTHY SNACKS

SCHEDULE:

<i>time</i>	<i>activity</i>

TO DO'S:

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

MEAL:

breakfast:

lunch:

dinner:

snacks:

THOUGHTS:

HOW DID YOU FEEL TODAY?

WHAT WAS THE MOST CHALLENGING HABIT AND WHY?

WHAT WAS THE EASIEST HABIT AND WHY?

WHAT CAN YOU CHANGE TO MAKE THE CHALLENGE EASIER TOMORROW?

NOTES

EXTRA

MY WORKOUT PLAN (GYM)

1.WORKOUT (LEGS + GLUTES)

HIP THRUST 4X12
LOUNGES 3X10 + 3X5 WITH HALF WEIGHT
BENCH SQUATS 4X12
GLUTE KICKBACKS 3X10
SIDE KICKS 3X10
BARBELL SQUAT 3X12

2.WORKOUT (UPPER BODY)

LAT PULLDOWN 3X10
SHOULDER PRESS 3X10
BARBELL ROW 3X10
BICEPS CURLS 3X10
TRICEPS PUSHDOWN 3X10
CARDIO 20MIN

3.WORKOUT (LEGS + GLUTES)

HIP THRUST 4X12
STEP UPS BENCH 4X12
RDLS 3X12
ONE LEG RDLS 3X12
ABDUCTION BOTH LEGS 3X12
ABDUCTION ONE LEG 3X12

4.WORKOUT (UPPER BODY)

CARDIO 20MIN
CORE EXERCISES 5X 1 MIN - 3 TIMES REPEAT
CARDIO 20 MIN

5.WORKOUT (LEGS + GLUTES)

HIP THRUST 4X12
RDLS 4X12
LOUNGES 3X10 + 3X5 WITH HALF WEIGHT
LEG PRESS 3X10
HYPEREXTENSIONS 3X10