

MONTHLY HABIT-TASK SUCCESS CHECKLIST



EXPLORE
PERFORMANCE

HERE'S A SIMPLE CHALLENGE TO HELP YOU START THE YEAR OFF ON THE RIGHT FOOT! CHECK AS MANY EACH WEEK AS YOU CAN.

WHEN FINISHED CONTACT ME BELOW! QUICK TIP: PRINT & KEEP THIS WHERE YOU'LL SEE IT MOST OR SET IT AS THE BACKGROUND ON YOUR PHONE!

HABIT-TASKS:		MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK #1	1. Train 2-3x30-45min per wk							
	2. Drink 1/2 bw in oz of water per day							
	3. Hit 6k+ steps per day							
	4. Take BF%, Muscle# & Photos on wk							
WEEK #2	1. Train 2-3x30-45min per wk							
	2. Eat 1-2 palms of protein per meal							
	3. Hit 6k+ steps per day							
	4. Eat 1 Serving of Leafy Greens per day							
WEEK #3	1. Train 3-4x30-45min per wk							
	2. Drink 1/2 bw in oz of water per day							
	3. Hit 6k+ steps per day							
	4. Eat under 25g Added Sugar per day							
	5. Sleep 7+ hrs, including naps							
WEEK #4	1. Train 3-4x30-45min per wk							
	2. Eat 1-2 palms of protein per meal							
	3. Hit 6k+ steps per day							
	4. Eat 1 Serving of Leafy Greens per day							
	5. Take BF%, Muscle# & Photos on wk							

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