



30-Day Challenge

≡ Master Plan ≡



 **MY CHALLENGE:** _____

 **MY "WHY":** _____

 **DAILY TARGET:** _____

SUN	MON	TUE	WED	THU	FRI	SAT
DAY 01 Day One Launch	DAY 02 Environment Setup	DAY 03 Habit Stacking	DAY 04 Friction Reduction	DAY 05 Minimum Effort	DAY 06 Mid-Week Audit	DAY 07 Week One Milestone
DAY 08 Pace Control	DAY 09 Distraction Lock-Out	DAY 10 Double Down	DAY 11 Overcome Resistance	DAY 12 Batch Preparation	DAY 13 Progress Capture	DAY 14 Two-Week Review
DAY 15 Halfway Celebration 	DAY 16 Micro-Level Up	DAY 17 Accountability Check	DAY 18 Mindset Reset	DAY 19 Active Recovery	DAY 20 Challenge Timer	DAY 21 3-Week Milestone
DAY 22 Plan B Test	DAY 23 Focus On Quality	DAY 24 Refuse To Break	DAY 25 Final Stretch Boost	DAY 26 Teach/Share	DAY 27 Environment Polish	DAY 28 Sprint Finish
DAY 29 Penultimate Push	DAY 30  Victory & Next Steps					



Small steps.
Big transformation.

