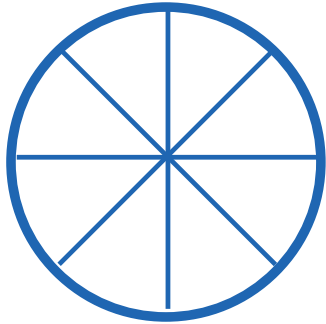


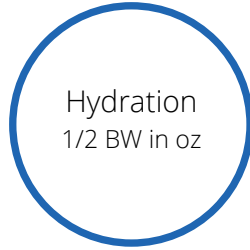
“ If it doesn't CHALLENGE you,
then it won't CHANGE you. ”



2020



Ideal Day!



Sleep
7 - 8 hours

Quiet Time
10 Minutes

Workout
Strength 2-3x wk
Cardio or Active
Recovery

Nutrition
Veggies, Fiber,
Protein

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

“ If it doesn't CHALLENGE you,
then it won't CHANGE you. ”



2020

Goals for this Month

Personal

Name 3-5 things that you are aiming to accomplish this month.

Fitness

Name 3-5 things that you are aiming to accomplish this month.