



FREE BONUS GUIDE #2



30-DAY HEALTHY HABITS CHALLENGE



A Simple Daily Reset for Building
Healthy Habits That Last



DAILY
ROUTINES



NUTRITION
HABITS



STAY
HYDRATED



MOVE YOUR
BODY



BETTER
SLEEP



CONSISTENT
MINDSET



PRACTICAL • SIMPLE • REALISTIC



30-DAY HEALTHY HABITS CHALLENGE



How the Challenge Works

Pick a few habits that matter to you. Mark each day you complete them. Missing a day does not erase your progress—simply continue the next day.

Choose Your Daily Habits

- Drink water regularly
- Move for 20+ minutes
- Eat a fruit or vegetable
- Protect a consistent bedtime
- Take 5 minutes to reset
- Write one positive note

My custom habit: _____

Day 1

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 2

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 3

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 4

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 5

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 6

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 7

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 8

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 9

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 10

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 11

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 12

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 13

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 14

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 15

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 16

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 17

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 18

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 19

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 20

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 21

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 22

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 23

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 24

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 25

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 26

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 27

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 28

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 29

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Day 30

Today's focus: _____

■ Water ■ Movement ■ Nourishing meal ■ Sleep routine ■ Reset

One thing I did well: _____

What I will do tomorrow: _____

Energy today (1–5): 1 2 3 4 5

Weekly Review

Week 1 — What worked? _____ What should I simplify?

Week 2 — What worked? _____ What should I simplify?

Week 3 — What worked? _____ What should I simplify?

Week 4 — What worked? _____ What should I simplify?

30-Day Final Review

The habit I am most proud of: _____

The biggest lesson I learned: _____

The routine I want to keep: _____

My next 30-day goal: _____