

**Transformational Habits**

<b>My Reason WHY!</b>							
<b>Goal #1.</b>							
<b>Goal #2.</b>							

Habit	Sun	Mon	Tues	Wed	Thu	Fri	Sat
<b>1. Goals, Gratitude, Intention and Visualization</b>							

Habit 1 is completed before or after:

<b>2. Hydrate: # Of ounces_____</b>							
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Habit 2 is completed before or after:

<b>3. Move: Weekly # of Cardio min_____</b>							
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Habit 3 is completed before or after:

<b>4. Eat</b> - Provide Nourishment - Limit Processed Foods							
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<b>5. Breathe</b> - Practice breathing exercise							
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Habit 5 is completed before or after:

<b>6. Stretch</b> - Daily Stretch - Fascia care							
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Habit 6 is completed before or after:

<b>7. Build Muscle</b> - Train all major muscle groups 2-3 days per week.							
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Habit 7 is completed before or after:

<b>8. Sleep</b> - Aim to get between 7-9 hours of quality sleep every night.							
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