

## Transformational Habits

My Reason WHY!							
Goal #1.							
Goal #2.							

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

Habit 1 is completed before or after:

2. Hydrate: # Of ounces _____							
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Habit 2 is completed before or after:

3. Move: Weekly # of Cardio min _____							
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Habit 3 is completed before or after:

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

6. Stretch - Daily Stretch - Fascia care							
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Habit 6 is completed before or after:

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

8. Sleep - Aim to get between 7-9 hours of quality sleep every night.							
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9. Practice Mindfulness- Practice becoming more mindful... - of your environment - while you are eating - how your body is feeling - during life experiences - of your thoughts							
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Habit 9 is completed before or after: