

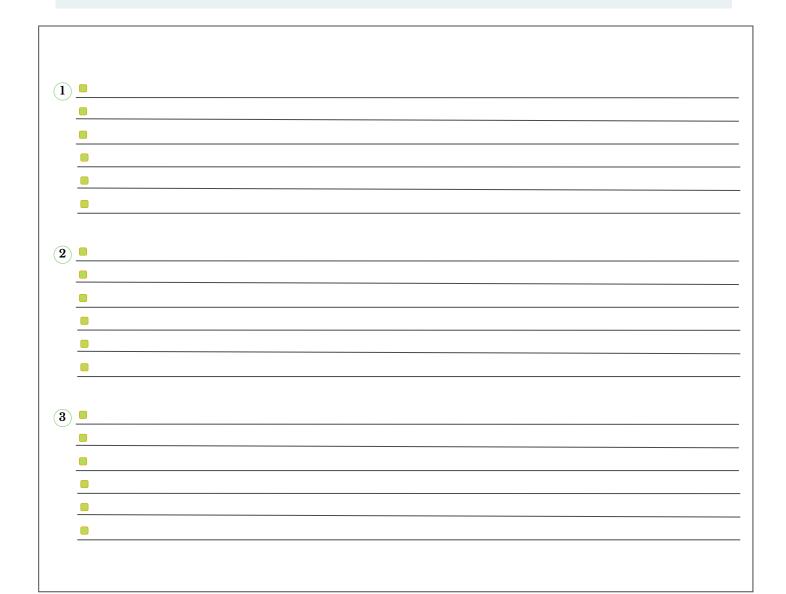
12 WEEK HABIT BUILDER

GOAL FOR YOUR 12 WEEK CYCLE:

CHOOSE THREE HABITS TO WORK ON FOR 12 WEEKS (OR THREE MONTHS). ADD MORE HABITS IF YOU LIKE. AIM TO MAINTAIN THOSE HABITS 80% OF THE TIME. THIS IS A KEY TO LONG TERM SUSTAINABILITY.

ALCOHOL	ANIMAL PROTEIN	COFFEE
SLEEP	WATER INTAKE	PROCESSED FOODS
WORK STRESS	PORTION SIZE	BREAKFAST
EXERCISE/REHAB	TV/PHONE	SUPPLEMENTATION
RELATIONSHIP STRESS	EMOTIONS	OTHER

WRITE YOUR THREE HABITS AND ADD YOUR SPECIFIC ROUTINE FOR EACH BELOW.







MAY 1 TO JULY 31 2023

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	TIME	PLANS & SCHEDULE
WRITE YOUR THREE HABITS AND ADD YOUR SPECIFIC	6:00 am	
ROUTINE FOR EACH BELOW.	6:30 am	
	7:00 am	
$(\overline{1})$	7:30 am	
	8:00 am	
	8:30 am	
	9:00 am	
	9:30 am	
	10:00 am	
	10:30 am	
<u> </u>	11:00 am	
	11:30 am	
2	12:00 pm	
	12:30 pm	
	1:00 pm	
	1:30 pm	
	2:00 pm	
	2:30 pm	
	3:00 pm	
	3:30 pm	
(3)	4:00 pm	
· · · · · · · · · · · · · · · · · · ·	4:30 pm	
	5:00 pm	
	5:30 pm	
	6:00 pm	
	6:30 pm	
	7:00 pm	
	7:30 pm	
	8:00 pm	