



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.

1	<div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
2	<div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>
3	<div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>

REDUCE OR REPLACE, THEN REPEAT

12 WEEK HABIT BUILDER

MAY 1 TO JULY 31 2023



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ROUTINE FOR EACH BELOW.

- 1 _____

☐
☐
☐
- 2 _____

☐
☐
☐
- 3 _____

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TIME	PLANS & SCHEDULE
6:00 am	
6:30 am	
7:00 am	
7:30 am	
8:00 am	
8:30 am	
9:00 am	
9:30 am	
10:00 am	
10:30 am	
11:00 am	
11:30 am	
12:00 pm	
12:30 pm	
1:00 pm	
1:30 pm	
2:00 pm	
2:30 pm	
3:00 pm	
3:30 pm	
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	

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