

30 DAY HEALTHY HUSTLE

Create 5 daily goals you would like to accomplish for 30 days.

1. _____ 2. _____

3. _____ 4. _____

5. _____

DAY 1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30 DAYS!

STEP 1 Create 5 daily tasks you MUST complete – must be beneficial for your health and mind.

STEP 2 Mark each day off with a big X ONLY if you have completed each task

STEP 3 After 30 days celebrate your success, you deserve it!