

100 Day Challenge

GOAL			
Start Date		End Date	
Waist Size		Weight	

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	
31	32	33	34	35	36	37	38	39	40	
41	42	43	44	45	46	47	48	49	50	
51	52	53	54	55	56	57	58	59	60	
61	62	63	64	65	66	67	68	69	70	
71	72	73	74	75	76	77	78	79	80	
81	82	83	84	85	86	87	88	89	90	
91	92	93	94	95	96	97	98	99	100	

What did you learn?

Describe what your goal is like right now, at the beginning. What's your starting point? How do you feel? What's your health like? What is motivating you to do this challenge?

What is it like now? What's different? What's occurred in the past 100 days? How are you different?

Glancing at your chart, what insights or new understandings do you have?

What are you celebrating? What worked? What do you want MORE of?

What didn't work? What challenges did you face? What do you want LESS of?

What did you LEARN from those challenges?

What ACTIONS will you take to cement that learning; your MORE and your LESS? Be Specific!