








"You will never change your life until you change something you do daily. The secret of your success is found in your daily routine"






WEEK ONE

Habit	Mon	Tue	Weds	Thurs	Fri	Sat	Sun
 30 mins of exercise							
 3-5 servings of fruit/veg							
 3 servings of protein							
 3 glasses of water							
 6-8 hours sleep							




WEEK TWO

Habit	Mon	Tue	Weds	Thurs	Fri	Sat	Sun
 30 mins of exercise							
 3-5 servings of fruit/veg							
 3 servings of protein							
 3 glasses of water							
 6-8 hours sleep							

WEEK THREE

Habit	Mon	Tue	Weds	Thurs	Fri	Sat	Sun
 30 mins of exercise							
 3-5 servings of fruit/veg							
 3 servings of protein							
 3 glasses of water							
 6-8 hours sleep							

WEEK FOUR

Habit	Mon	Tue	Weds	Thurs	Fri	Sat	Sun
 30 mins of exercise							
 3-5 servings of fruit/veg							
 3 servings of protein							
 3 glasses of water							
 6-8 hours sleep							