

A "HABIT & BEHAVIOUR" WORKBOOK

# 7 STEPS TO FAST TRACK YOUR GOAL

OUR 7 STEP GUIDE INTO BEHAVIOUR  
& HABITS. TAKE CONTROL ON HOW  
TO CHANGE THEM AND CONQUER  
ANY CHALLENGE YOU TAKE ON.



**INCLUDING**  
**+ REVIEW CHECKLIST**  
**+ ACTION PLAN**

RECOMMENDED INTRO FOR OUR  
3 WEEK FULL BODY BLAST CHALLENGE  
(OR ANY GOAL YOU PURSUE)

# 7 STEPS

TO FAST TRACK YOUR GOAL

By  
Chanel & Sonja,  
aka Black & Blond

Certified in  
Fitness, Nutrition, Psychology Coaching & Behavioural Change.  
With a special degree in kicking your excuses to the curb.

© 2021 Black&Blond, All Rights Reserved "HABIT & BEHAVIOUR" WORKBOOK

You have permission to post this, email this, print this and pass it along for free to anyone you like, as long as you make no changes or edits to its contents or digital format. In fact, we'd love it if you'd share it many times. The right to bind and sell it as a book, ebook, or use it in any unauthorized way or make use of partial images, texts etc. however, is strictly reserved.

You can find MAGIC **wherever** you look.  
Sit back and relax. All you need right now is this workbook.

## A COMMITMENT TO MYSELF

I, ..... want to change this in my life:

.....

I am committed to my future and will  
complete this 7 step workbook to fast track reaching my goal.  
Making it happen is a choice, and I chose it.

Signed: .....

**I CAN & I WILL**  
*Watch me!*



***“We all deal with setbacks in life, but in the long run,  
the quality of our lives often depends on the quality of our habits.  
With the same habits, you'll end up with the same results.  
But with better habits, anything is possible.”***

(James Clear, author of Atomic Habits)



## WHY THIS “HABIT & BEHAVIOUR” WORKBOOK?

How many times did you want to change something in your life, start all motivated, just to give up or fall back to old habits and old lifestyles within a few weeks or months? We know, we've all been there!

Our intention is to stop this so common pattern by focusing on behaviour change at the core. The core is not what it seems most of the time.

With fitness for example, it's usually not the fitness regime that's the issue, it's what you do outside the gym, the other 23h of the day that messes up the goal. - All habits are key.



**If you want to take on a challenge or goal with more clarity, more motivation, more ease, and most of all, more success – this is for you!**



## THE SECRET OF THIS WORKBOOK

The 7 steps contain the secrets you need to know on behavior science to understand your actions and how you operate. They are based on a process- & resource-oriented, emotion- & need-centered, as well as experience-activating methodology. *Simply said: positive stuff!*

It's not about learning (from us), but learning more and more *about yourself*. To create different results, you need to become a different person.

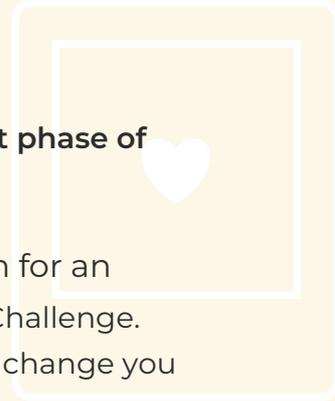
***This workbook will guide you through a structured process. Recognise your own needs with mindfulness, grow as a person and achieve long lasting change.***



## THE BIG PICTURE OF CHANGE

This “Habit & Behaviour Workbook” is the first phase of our Black&Blond “3 Phase Change Formula”.

We developed this workbook as preparation for an optimal start for our 3 Week Full Body Blast Challenge. However, it can be used as preparation for **any** change you want in life.



## THE BB 3 PHASE CHANGE FORMULA FOR SUSTAINABILITY

We are here: 



**\* INITIATION PHASE \***  
New Habit Workbook

**7 STEPS  
TO FAST TRACK  
YOUR GOAL**

Learn about your habits and behavior and nail down your goal.

Create a new attitude towards life.

Complete this workbook thoughtfully. Learn about *yourself* and succeed in the following phases with more ease, more motivation and better results!



**\* ACTION PHASE \***  
Challenge

**3 WEEK  
FULL BODY BLAST  
CHALLENGE**  
*(or any challenge plan)*

Get inspired & moving with daily fitness, nutrition, mindset missions.

This phase is all about action.

*Structurally* implement what you've worked out in the initiation phase while tackling a BB challenge plan.

Experience and learn about new habits, ideas, tips & tricks *in full action*.



**\* INTEGRATION PHASE \***  
Personal plan

**LONG TERM  
PERSONAL  
CONCEPT**

Make your efforts from the action phase last. Integrate what you learned & like into *your* daily lifestyle

Be in the game for *long term success*.

You've worked hard through Phases 1+2. Keep the momentum & build on this.

Incorporate your new habit/s with scientifically proven methods to last a lifetime.



## HOW TO USE THIS WORKBOOK

- This workbook can be completed in one go or over a few days. Feel your flow.
- Select one topic for this workbook. If you have more than one topic you want to change, we recommend doing them consecutively.



### TAKE YOUR TIME

Reflect and don't rush through it. You are here for a reason, and we created this ebook with a specific goal in mind – yours. So take it serious.



### WRITE BY HAND

Print out the relevant sheets and write down your answers by hand.

It helps you remember things better and works your subconscious mind more.



### REPEAT the 7 steps

Even if you are very motivated now, your brain forgets 80% of what you learn within the first 48h. If you repeat learnt content within 48h, forgetfulness drops down to 30%.

### FACT



As a human being you are born to strive for growth and to work on your personal development. Progress, no matter how small or in what topic, is what creates *happiness*.



## HOW TO SUCCEED: STEP BY STEP

It is nice to have dreams – so think big!

Avoid fear of failure & being overwhelmed by breaking down the big goal into many small intermediate goals. It'll help you keep your focus and stay motivated.



Our “Behaviour” Workbook will kick start your success journey!  
Are you ready?

Dive in and enjoy the ride,  
Chanel & Sonja  
aka Black & Blond

*Black & Blond*  
ONLINE CHALLENGES



## STEP #1

# MIND YOUR DREAM AND GOAL



This is what I wish for, this is my dream:

.....  
.....

This is how I *feel* when I reach my dream:

.....  
.....



*Does life simply pass you by, or are you following your passions?*



## WHY DREAM

- Dreams enrich your life.
- Dreams make you believe in things that are not reality yet.
- Going after your dreams makes you grow beyond yourself.
- To make dreams come true you have to leave your current comfort zone.
- Moving out of your comfort zone makes you evolve as a person.



## TIP: DREAM YOUR DREAM

**Do a 2 minute dream meditation.**

**Sit or lie down (promise not to fall asleep) and close your eyes. Take a few deep, slow breaths. Now let your imagination guide you.**

**Think of your dream with all it's details, the surrounding, smells, temperatures, how you feel. Rise out of your comfort zone and visualize a reality that makes you so happy.**

**Stay in this state for a few minutes.**





What do I *precisely* want, what's the measurable goal of my dream?

.....  
.....

What first action step can I take right now in the direction of my goal?

.....  
.....



## WHY MINDFULNESS MATTERS

- Mindfulness is a form of awareness. It's the basis for recognising your own needs.
- Mindfulness allows you to identify and set your boundaries and inner resources.
- Mindfulness enables you to grasp your own thoughts and feelings.
- It gives you a clear understanding of your own life.
- It promotes your inner stability and joy of life even when faced with challenges.
- Mindfulness strengthens your focus, your patience and your resilience.



### TIP: CLEAR YOUR MIND

**Clear your mind with some breath work. Actively focus on your breathing and take long, deep breaths into your belly. Feel your belly rise when you inhale. Exhale slowly. Repeat 10x.**



How do I feel at this very moment?  
What thoughts are going through my head?

.....  
.....



***Awareness precedes choice and choice precedes results.***



## KEY QUESTION:

WHAT'S MY DREAM GOAL?

.....

.....

Enter your answer accordingly into the "Summary Checklist" on page 25.



## My Notes

.....

.....

.....

.....

.....

.....

.....



*Everything is first  
created in the mind  
and then in reality.*

## STEP #2

# WHAT YOU NEED TO KNOW ABOUT YOUR SUBCONSCIOUS MIND



This is how I describe my current lifestyle:

.....  
.....

***Did you know that upto 90% of your life is driven by your subconscious mind? If you want to change something, you need to understand how your mind and behaviour work.***



## THE BASICS ON YOUR SUBCONSCIOUS MIND

- Your daily habits reveal your personality, your character and current lifestyle.
- Your calendar reflects how you spend your time. It reflects *your current priorities* in life.
- Habits are carried out by your subconscious mind: they're automatism.
- Your automatism are created by constant repetition of a certain task over a longer period of time - until your brain doesn't need to consciously think anymore.
- Your brain creates automatism to relieve its workload. As automatism control upto 9x more of your daily life versus your conscious mind, you fall back easily into old patterns.
- The initial step to change is hence to create awareness.

***Without consciousness - no change.***



Write down 6 of your habits (or current priorities) which *don't* support your goal.

1. ....	4. ....
2. ....	5. ....
3. ....	6. ....



## KEY QUESTION:

How would I describe my current behavior and how does it impact my goal?

.....

.....

Enter your answer accordingly into the “Summary Checklist” on page 25.



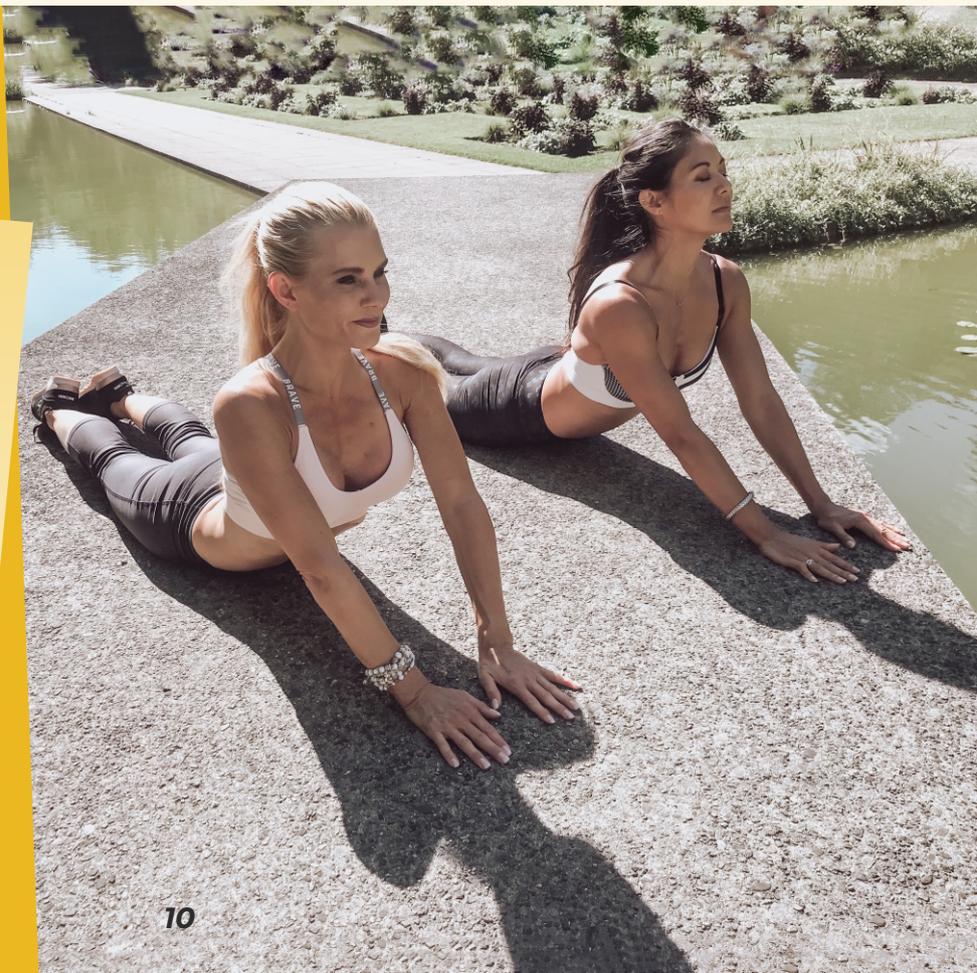
## A CONSCIOUS TIP

Try this fun fitness ritual today (or for the whole week!):  
Every time you go to your kitchen or the coffee station at work, do a minimum of 10 squats! For the advanced: do 10 jumping squats.  
Fun Fact: Count how many squats you can achieve in one day. You'll be surprised! It can really add up (and all of this without consciously reserving extra workout time).



*You do not just wake up and become the butterfly. Growth is a process.*

*Rupi Kaur*



## STEP #3

# ACHIEVE MORE IMPACT: WORK ON A KEY HABIT



### WHAT ARE KEY HABITS?

Some of your habits play a greater role than others when addressing your behaviour patterns. We call these key habits.

- Key habits are directly or indirectly linked to other habits.
- Key habits are routines that you gradually develop in your everyday life and automatically impact other behaviours of yours.
- If you manage to change a key habit, it will have an impact on other habits as well.



Look at your habits you wrote down in Step 2. Reflect which one of them might have the most impact on other behaviour traits you want to change.

Now decide:

I would like to change this (key) habit of mine, so other things in my life can improve as well. This is one key habit I want to tackle:

.....

.....



### "TRAIN THE BRAIN" TIP:

**Do standing diagonal elbow-knee touches:**  
**Lift your left knee. Diagonally reach down with your right elbow to touch your knee. Alternate sides. Repeat 10x per side.**

**BELIEVE IT OR NOT: Working out improves your brain. And moving diagonally across the center of your body activates both your left and right brain hemispheres, making you instantly smarter and more focused.**

**ADDITIONAL BONUS: you work your core at the same time. Smart definitely is the new sexy.**



Reflect on the key habit you want to change and answer following questions:



What effect does this key habit have on me?  
How does this habit negatively affect my life?

.....

What will I lose or have to give up in regards to my dream  
if I continue with this habit?

.....

What mental, emotional, financial or psychological disadvantages  
do I already feel or are present today?

.....

With what new habit could I replace this key habit with  
to positively impact my behaviour?

.....

What advantages will this new habit have on my lifestyle?

.....



**KEY QUESTION:**

**What key habit of mine do I want to change and work on?**

.....

.....

Enter your answer accordingly into the "Summary Checklist" on page 25.

## STEP #4

# DISCOVER & UNLEASH YOUR INNER DRIVE



Where does your motivation come from?

.....

.....



For you to stay motivated you need to remain in your high vibrant energy level. How are you going to place all your energy into your goals, if you're lacking the energy in the first place.

- Your motivation is created from a bundle of your various needs.
- It's made up of mental factors (determined through your thoughts, worries, goals) as well as physical-energetic factors (hunger, thirst, desire, fear, drive).
- The absence of basic needs such as sleep, good nutrition and social contacts will automatically have your body rebel and ask for what it deserves.



**Both mind and body need to be taken into account to “be motivated”. Motivation means juggling between the needs and desires of body and mind. And...your soul.**



This is what motivates me to turn my dream into reality:

.....

.....



## MORE MOTIVATION PLEASE!

Here are four types of motivation that can influence your inner drive. Feel good knowing you have so many options to keep you inspired!

### Internal vs. External

- Intrinsic motivation: This motivation comes from within, without external incentives.
- Extrinsic motivation: This one comes from outside, it's external.

### Away-from vs. Towards-to

- Away-from-Motivation: The motivation is what makes you to leave a current state.
- Towards-to-Motivation: You want to reach a future desired state.



Reflect on your goal and name a motivation that applies to you in each area:

My intrinsic motivation is: .....

My extrinsic motivations is: .....

What I want to move away from  
or leave behind: .....

What I want to strive to,  
my desired future state: .....



## INSIDER TIP: “AHA MOMENT” EXERCISE

**EXERCISE 1.** On a piece of paper draw yourself in the middle of it. On the left draw a picture of what you want to leave behind. On the right draw a picture of your towards-to motivation - your dream.

**EXERCISE 2.** Want more impact?  
Draw a timeline of your whole life under the drawing (from birth to death). Mark your age respectively. At what age do you want to reach your dream? Mark it in the timeline. Reflect.





## 10 TIPS TO IMPROVE YOUR MOTIVATION

1. **Believe in yourself and your dreams - pursue them.**
2. **Write down measurable goals.**
3. **Visualise your goals and break it down into smaller chunks.**
4. **Let go of inner blocks and limiting beliefs.**
5. **Look at life as a balancing act.**
6. **Accept emotional fluctuations.**
7. **There are no failures, only lessons. Get feedback & support, and keep on going.**
8. **Work systematically on your strengths and competences.**
9. **Establish routines. Routines support repetition and hence support change.**
10. **Get started. Action breeds clarity and increases motivation.**



Select 1 tip from above you want to focus and work on.  
*Conquer it* before selecting the next.



Write down 3 of your good habits & character traits that you can focus on and use as resources. They'll help you achieve your goals.

1. .... 2. ....  
 3. ....



*And the day come  
 when the risk to remain  
 in a tight bud  
 was more painful  
 than the risk it took  
 to blossom.*

Anais Nin





## KEY QUESTION:

What is my intrinsic motivation, what motivates me from within?

.....

.....

.....

Enter your answer accordingly into the "Summary Checklist" on page 25.



## My Notes

.....

.....

.....

.....

.....

.....

.....

STEP #5

# HOW TO NOT STUMBLE ALONG THE WAY - YOUR PITFALL PLAN



## YOUR STUMBLING BLOCKS

There are situations in which we hardly manage to pursue our goal, it can be a situation, an emotion, a location that triggers something in you. You then fall into old patterns and old behaviour.

- Stumbling blocks require a pitfall plan, an emergency plan.
- A pitfall plan is NOT a plan B.
- A pitfall plan is created to ensure that *Plan A is successful*.

Are there any situations you are aware of that could endanger your dream? Have you ever tried to reach this very goal - and it didn't work out?



## YOUR STUMBLING BLOCKS

This is a very **powerful** exercise and we urge you to take it seriously - as if your dream depends on it! (Well, it does!)

What are my possible triggers & stumbling blocks that could make me fall back into my old unwanted behaviour?

What solution(s) could I implement to best avoid or overcome this stumbling block? What can I have in place to save the situation?

POSSIBLE PITFALL:

MY PITFALL PLAN:

.....	.....
.....	.....
.....	.....
.....	.....
.....	.....





## KEY QUESTION:

What is your biggest stumbling block? What are your respective pitfall plans to solve or prevent it?

.....

.....

.....

Enter your answer accordingly into the "Summary Checklist" on page 25.



## TIP: BALANCE IT OUT

**Balance it out and do the airplane pose!  
Hold the pose for one minute, then switch sides.  
Advanced version: do airplane squats.**



**Get strong and fly over your pitfalls. Yes, you can!**



## STEP #6

# DEALING WITH YOUR WEAKER SELF - THE LITTLE SABOTEUR



This is how I describe my relationship with my weaker self:

.....

.....



### WHAT IS THE PURPOSE OF YOUR “WEAKER SELF” IN THE FIRST PLACE?

- The little saboteur is what keeps you from changing and developing your habits.
- The little saboteur embodies a part of our subconscious mind, whose aim is to prevent you from using more effort than needed or doing something else to what you're accustomed to. His instinct is to save you from senseless risks or using energy.
- The little saboteur prefers to be in a safe place (comfort zone) versus developing and growing into new or unknown “territories” (growth zone).
- Basically, he's a protection mechanism being released in your body.

To manage your little saboteur means for you to consciously recognize the parts of your daily life when your little saboteur is active, and learn how to tame him.



### HOW TO DEAL WITH YOUR “WEAKER SELF” ?

- If you want to change something, you need convincing arguments of your motivation – not just for yourself, but for your *weaker* self.
- When he shows up, face him with clarity, remain strong and keep your inner conviction.
- Don't become insecure, on the contrary: Feel encouraged to think about why you are doing something and keep following your goal. Take inspired action.

In the moments the weaker self shows up, reflect and answer these questions:



What specific goal am I pursuing with my new behaviour?

.....

Do I believe in myself? Do I believe I can make a difference?

.....

What am I avoiding, where do I neglect responsibility and self-responsibility?

.....



### HOW TO TAME YOUR LITTLE SABOTEUR?

- Your beliefs and rules of how you should behave or not, what is right or wrong, what is good or bad etc. are what feed your weaker self.
- Beliefs will always be part of your personality. But if you recognize the respective negative ones and work on them, they can lose their effect as saboteur.



### HOW CAN YOU CHANGE LIMITING BELIEFS?

- Change limiting beliefs by simply pretending they are not true.
- Expect and act in the opposite manner of your limiting belief. If you pretend that it is not exactly as the belief suggests, you can break away from these patterns.
- Give yourself the permission to experience something else than what you / your belief expects.

Here are some examples:

Conditioning Statement What you've been told	Limiting Belief	Reframed (restated) Belief
You'll never make it!	I'll never achieve it.	I can achieve it.
You must fight in life!	Life is a struggle.	Life is balance of giving & taking energy.
You will be successful one day!	I must succeed.	I am allowed to be whatever I want.
Do not trust anyone!	I can't trust anyone.	I can rely on my gut feeling.



This is an example of a conditioning statement out of my personal life  
 - a statement my parents, my friends, partner or any person in my  
 environment have told me:

.....

.....

What limiting belief has the above  
 statement created in my mind:

.....

.....



**KEY QUESTION:**

How can I reframe my limiting belief and  
 turn it into a positive, empowering statement  
 - my mantra?

.....

.....

.....

Enter your answer accordingly into the  
 "Summary Checklist" on page 25.

”

***“I am not what  
 happened to me,  
 I am what I choose  
 to become.”***

*Carl Jung*



**THE PSYCHO TEST**

How to find your inner saboteur?

Place your favorite dessert or salty snack  
 - one that you consider a bad habit - on your desk.  
 Have it in visible sight the whole day, but do not eat it!

Can you manage? Do you hear a voice telling you “it's ok,  
 whatever, just grab it and eat it, who cares! This is a stupid exercise!”  
 - Well, that's your inner saboteur.



## STEP #7

# INCREASE RESILIENCE & SELF-WORTH



This is how I describe my self-worth and assess my personal resilience:

.....

.....



## IT'S NOT ABOUT HOW MANY TIMES YOU FALL

- Life has its ups and downs. Resilience allows you to better balance your state of equanimity despite external circumstances.
- With a high degree of resilience you have more perseverance, you get up again and again and learn from crisis without turning into a victim.
- With a high degree of resilience you can better maintain a positive state of mind. You're happier in general.
- Resilience is like a muscle that you can train. It's a profound process and our challenges are geared precisely towards this.

## YOU ARE WORTHY

To make dreams come true, you must believe in them and most of all in YOURSELF.

- Your self-esteem is based on how you feel about yourself. It arises from how you perceive yourself, from your experiences, your possibilities - detached from outside influences.
- A positive "concept of self" allows you to create new experiences.



***"When something bad happens you have three choices. You can either let it define you, let it destroy you, or you can let it strengthen you"***

*Dr. Seuss*



## GROW FROM THE INSIDE OUT

- SELF AWARENESS: I know my resources and make use of them.
- SELF ACCEPTANCE: I am able to learn from my mistakes and failures vs. judging myself. My failures are part of my growth process.
- SELF CONFIDENCE: I am courageous. My courage expresses my self-confidence and grows from my belief in my own abilities and inner power.



Write down 6 things about yourself that make you believe in yourself. Which beautiful - and also quirky qualities - make you special (all answers are right if you decide so - you're unique and that's your super power):

- |         |         |
|---------|---------|
| 1. .... | 4. .... |
| 2. .... | 5. .... |
| 3. .... | 6. .... |



### KEY QUESTION:

How can I reframe my limiting belief and turn it into a positive, empowering statement - my mantra?

.....

.....

.....

Enter your answer accordingly into the "Summary Checklist" on page 25.



***If you don't fail  
you are not trying  
hard enough.***



***Bloom for yourself.  
Always remember  
just how rare you are.***



**A CREATIVE TIP:  
BE YOUR OWN HERO - VISUALIZE IT!**

**Look at your unique characteristics you wrote down and take them to heart. Realize this is *you*.**

**Take colorful pens and draw yourself, or anything that symbolizes these super powers of yours.**



*Draw your SUPER HERO SELF IMAGE here:*



**My Notes**

# 7 STEPS TO FAST TRACK YOUR GOAL

## MY REVIEW CHECKLIST

Complete this Initiation Phase Checklist before tackling our 3 Week Full Body Blast Challenge - or any goal you want to pursue.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
This is my dream goal:	My current behaviour & effects on my goal:	My key habit I want to work on:	My inner motivation:	My biggest pitfall & plan to avoid it:	My positive mantra to motivate me	My many good traits that'll help me succeed:
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

### SUMMARY CHECKLIST

- I know my dream and know what I want to achieve.
- I am aware of my current behaviour.
- I am aware of a key habit I want to change.
- I know what drives and motivates me.
- I know which situations could cause me to stumble and how to best prevent them.
- I have a strong set of beliefs, which allows me to conquer my inner barriers.
- I am aware of my valuable qualities and feel resilient.

### FINAL QUESTIONS

What did you learn?

Did you have any AHA moments?

Write down 3 things you're grateful for. Spend time feeling gratitude for them.

Congratulations, you've completed Phase 1 of the "3 Phase Change Formula". On to new adventures!



## HOORAY, YOU MADE IT!

Congratulations for completing Phase I of our BB 3 PHASE CHANGE FORMULA. Thank you for your trust and sharing your journey with us.



## YOUR JOURNEY CONTINUES

Feel free to review your answers in this workbook to investigate your beliefs and behavior often.

It's a dynamic, ongoing process. This is your journey, you're in the driver seat, and now it's in your hands to keep on moving.

## WHAT'S NEXT? YOUR MOVE

We've set the base. Now it's time for ACTION - turn your dream into reality. What steps can you take towards your goal? Write it down and make a plan.

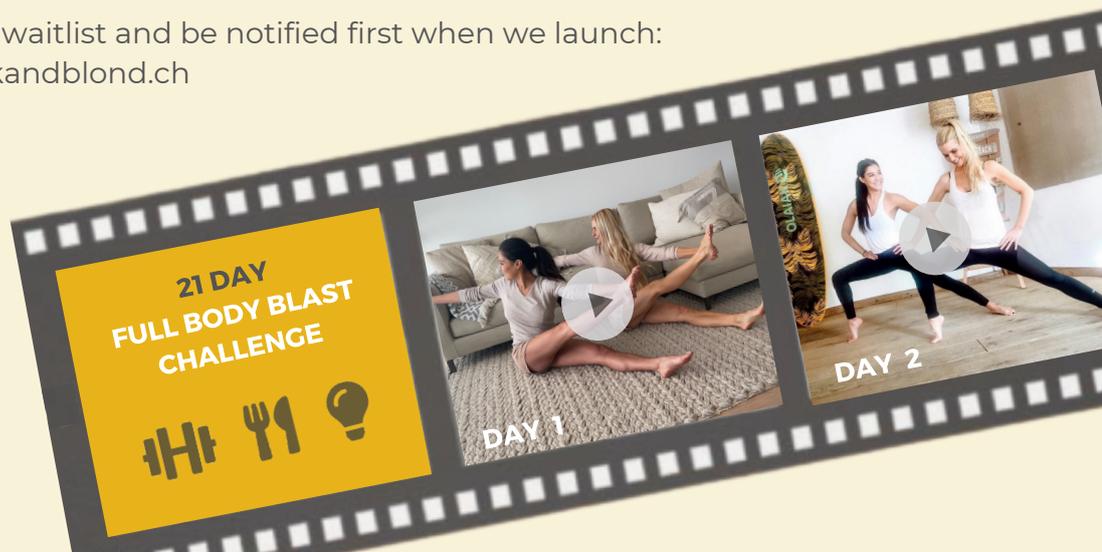


## TIP JOIN OUR FULL BODY BLAST CHALLENGE

If you've enjoyed the ride so far and wanna continue with us, we'd love to have you join us in our ACTION PHASE with our 3 WEEK FULL BODY BLAST CHALLENGE.

Daily Fitness, Nutrition and Mindset missions and more.  
Be aware: It's for warriors only - those who really want it and are sick & tired of all excuses.  
Are you ready? We can't wait to see you there!

Get on our waitlist and be notified first when we launch:  
[info@blackandblond.ch](mailto:info@blackandblond.ch)





## SHARE THE LOVE



Last but not least: We'd love to hear from you!

Simply say hello or give us feedback (good or constructive) at [info@blackandblond.ch](mailto:info@blackandblond.ch).

If you're happy, we'd appreciate a testimonial which would support us and our ongoing offering.

Please also share this workbook with anyone you think could get closer to their dreams by completing these first steps. From our heart to yours!

Happy times ahead,  
Chanel & Sonja  
aka Black & Blond

*Black & Blond*  
ONLINE CHALLENGES

Connect with us @blackblondbond



# OVERVIEW 3 PHASE CHANGE FORMULA

## ACTION PLAN

Check the respective box when you've completed the mission.

INITIAL PHASE

1

### HABIT & BEHAVIOUR WORKBOOK

Learn about your behaviour and nail down your goal.

7 STEPS	STEP 1	STEP 2	STEP 3	STEP 4	STEP 5	STEP 6	STEP 7	SUMMARY CHECKLIST
	<input type="checkbox"/>							

ACTION PHASE

2

### 3 WEEK FULL BODY BLAST CHALLENGE

Get inspired with daily Fitness, Nutrition and Mindset missions.

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	WEEKLY REVIEW
Fitness 	<input type="checkbox"/>							
Nutrition 	<input type="checkbox"/>							
Mindset 	<input type="checkbox"/>							
WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14	WEEKLY REVIEW
Fitness 	<input type="checkbox"/>							
Nutrition 	<input type="checkbox"/>							
Mindset 	<input type="checkbox"/>							
WEEK 3	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21	WEEKLY & CHALLENGE REVIEW
Fitness 	<input type="checkbox"/>							
Nutrition 	<input type="checkbox"/>							
Mindset 	<input type="checkbox"/>							

INTEGRATION PHASE

3

### PERSONAL INTEGRATION INTO YOUR LIFESTYLE

Make your efforts from the Action Phase last. Integrate what you learned and like into your lifestyle

MONTH 1								MONTHLY REVIEW
Daily Mission:	<input type="checkbox"/>							
	<input type="checkbox"/>							
	<input type="checkbox"/>							
	<input type="checkbox"/>							

THIS WAS THE GOAL I SET IN PHASE 1 : \_\_\_\_\_

THIS IS WHAT I ACHIEVED IN PHASE 2 : \_\_\_\_\_

THIS IS MY NEW BEHAVIOUR I WANT TO INTEGRATE INTO MY LIFESTYLE : \_\_\_\_\_

THIS IS HOW I PLAN TO IMPLEMENT IT IN THE NEXT MONTH : \_\_\_\_\_