

DISCIPLINE EQUALS FREEDOM

CHALLENGE / CHECKLIST ICON DESCRIPTION

OBJECTIVE:

DEVELOP HEALTHY HABITS AND ENACT DISCIPLINE WITHIN YOUR LIFE. FIRST AND FOREMOST, TAKE TIME TO CONSIDER EACH HABIT AND ESTABLISH A SPECIFIC, ACHIEVABLE GOAL IN EACH CATEGORY. USE THE DEF TRACKER TO TRACK DAILY/WEEKLY PROGRESS. IF YOU MISS A HABIT (I.E. CHEAT MEAL OR SKIP A WORKOUT)...NO PROBLEM. JUST GET BACK ON THE PATH. IT'S ALL ABOUT CREATING HEALTHY HABITS AND EVEN THE BEST OF US NEED A REST DAY OR DESERVE A TREAT HERE AND THERE.

INTENT:

THIS PROGRAM IS INTENDED TO PROVIDE FLEXIBILITY FOR EACH PARTICIPANT BASED ON SPECIFIC GOALS. THE OVERALL INTENT IS TO ENACT DISCIPLINE AND DEVELOP HEALTH HABITS...PHYSICALLY, MENTALLY AND EMOTIONALLY. HERE ARE THE HABIT CATEGORIES:



**UP BEFORE
THE ENEMY**

DID YOU WAKE UP EARLY?

DETERMINE A TIME THAT YOU WANT TO GET UP EACH DAY. MAKE IT EARLY ENOUGH TO ACCOMPLISH SOMETHING BEFORE THE DAY STARTS (WORKOUT, SHOWER, CHORE, PROJECT, ETC).

MARK COMPLETE EACH DAY FOR GETTING UP (WITHOUT SNOOZE) AT THE TIME YOU HAVE DESIGNATED.



GET AFTER IT

DID YOU COMPLETE SOME TYPE OF PHYSICAL ACTIVITY TODAY?

GET A WORKOUT IN EACH DAY, EVEN IF IT'S A BRISK WALK. CHOOSE YOUR OWN EXERCISE REGIMEN BUT STICK TO IT AND GET SOMETHING IN EVERY DAY.

MARK COMPLETE EACH DAY FOR COMPLETING A WORKOUT.



**PRIORITIZE
& EXECUTE**

DID YOU COMPLETE YOUR TO DO LIST FOR THE DAY?

WRITE DOWN YOUR TOP 3 THINGS TO ACCOMPLISH EACH DAY (WORK OR HOME OR A COMBINATION OF BOTH). IDENTIFY THE TOP THREE THINGS YOU NEED TO GET DONE THAT DAY AND THEN EXECUTE.

MARK COMPLETE EACH DAY IF YOU COMPLETE ALL THREE TASKS AS IDENTIFIED AT THE START OF THE DAY.



**HYDRATE
OR DIE**

DID YOU DRINK ENOUGH WATER?

PRE-DETERMINE HOW MUCH WATER YOU WANT TO CONSUME EACH DAY. MAKE IT CHALLENGING (EXAMPLE: 1 GALLON OF WATER).

MARK COMPLETE EACH DAY THAT YOU HIT YOUR WATER IN TAKE GOAL.



FUEL

DID YOU EAT HEALTHY?

PREDETERMINE THE DIET OR NUTRITIONAL PROGRAM YOU PLAN TO FOLLOW INCLUDING ANY MODIFICATIONS YOU PLAN TO UTILIZE. STICK TO THE PLAN.

MARK COMPLETE EACH DAY YOU STICK TO YOUR NUTRITIONAL PROGRAM



**SUGARCOATED
LIES**

DID YOU AVOID JUNK FOOD?

NO BLATANT SUGAR (COOKIES, CANDY, CAKE, ICE CREAM, DONUTS, SUGAR COFFEES ETC). DON'T FALL FOR THE SUGARCOATED LIES...

MARK COMPLETE EACH DAY THAT YOU SUCCESSFULLY TURNED DOWN THE SWEETS.



**BACK TO
THE BOOK**

DID YOU SPEND ANY TIME ON PERSONAL DEVELOPMENT TODAY?

SPEND AT LEAST 20 MINUTES A DAY ON PERSONAL DEVELOPMENT (READING A BOOK, JOURNALING, MEDITATING ETC). DETERMINE HOW YOU PLAN TO SPENDING THIS TIME BUT GET SOMETHING IN EVERY DAY.

MARK COMPLETE EACH DAY FOR GETTING IN AT LEAST 20 MINUTES OF PERSONAL DEVELOPMENT.



REMEMBER

DID YOU MAKE YOUR DAY COUNT IN HONOR OF THOSE THAT PAID THE ULTIMATE SACRIFICE FOR YOUR FREEDOM.

TAKE A MINUTE TO THINK ABOUT SOMETHING YOU ARE GRATEFUL FOR EACH DAY.

MARK COMPLETE EACH DAY FOR TAKING TIME TO RECOGNIZE YOUR BLESSINGS AND SHOW GRATITUDE.

