PROGRESS: ONE STEP AT A TIME

X Check each day you honor the Reset. Don't worry if it's not perfect. It's a journey.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Plan ahead ☐	Fight the craving ☐	Get outside ☐	Ask for support ☐	25% done! ☐
DAY 6	**DAY 7**	**DAY 8**	**DAY 9**	**DAY 10**
Commit ☐	Focus on results ☐	Put yourself first ☐	Be powerful ☐	50%. Boom! ☐
DAY 11	**DAY 12**	**DAY 13**	**DAY 14**	**DAY 15**
Forgive yourself ☐	Dig in and find strength ☐	Compliment yourself ☐	Enjoy the feeling ☐	75% done! ☐
DAY 16	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**
Stretch your body ☐	Imagine the finish ☐	Accept yourself ☐	Don't stop now! ☐	**100%. Celebrate!** ☐