

3 COMMIT



30 FOR 30 ✓ 30 DAYS DEDICATED TO HEALTH, WELLNESS AND VITALITY

#30ALLIN #COMMIT30

EVERY DAY:

- 30 minutes of exercise (weights, cardio, etc)
- 30 minute walk (outside preferably)
- 60+ oz of water
- Eat clean (limit sugar, alcohol, eat lots of veggies, etc.)
- Aim for 8 hours of sleep a night
- Limit screen time
- Vitamins
- Meditation
- Gratitude journaling

WORK OUT

DO THIS for you

1	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	2	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	3	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	4	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	5	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL
6	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	7	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	8	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	9	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	10	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL
13	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	14	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	15	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	16	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	17	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL
20	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	21	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	22	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	23	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	24	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL
27	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	28	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	29	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL	30	<input type="checkbox"/> EAT CLEAN <input type="checkbox"/> 30 MINS EXERCISE <input type="checkbox"/> 30 PUSHUPS, 30 SITUPS, 30 SQUATS <input type="checkbox"/> 60 OZ. H2O + VITAMINS <input type="checkbox"/> GRATITUDE JOURNAL		



SELF CARE