



My Brain Habit Success Plan

“30 Day Challenge” Daily Worksheet

www.DrEvianGordon.com



Date:		SPECIFIC HABIT I AM TRAINING:	
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PARs TO CREATE MY NEW BRAIN HABIT

Prompt	What is your Prompt? (e.g. morning coffee; washing hands)
Action	What small step Action? (e.g. brain-body resonant breathing; movement; pushups; etc.)
Reward	What is your IMMEDIATE Reward? (e.g. self congratulations)

Day	<input checked="" type="checkbox"/> I Trained	Amount / Time	How can I improve?
Day 1	<input type="checkbox"/>		
Day 2	<input type="checkbox"/>		
Day 3	<input type="checkbox"/>		
Day 4	<input type="checkbox"/>		
Day 5	<input type="checkbox"/>		
Day 6	<input type="checkbox"/>		
Day 7	<input type="checkbox"/>		

Congratulations!!! It's the end of *Week 1* of training. *Well done!*

Day 8	<input type="checkbox"/>		
Day 9	<input type="checkbox"/>		
Day 10	<input type="checkbox"/>		
Day 11	<input type="checkbox"/>		
Day 12	<input type="checkbox"/>		
Day 13	<input type="checkbox"/>		
Day 14	<input type="checkbox"/>		

Congratulations!!! It's the end of *Week 2* of training. *Well done!*

Day 15	<input type="checkbox"/>		
Day 16	<input type="checkbox"/>		
Day 17	<input type="checkbox"/>		
Day 18	<input type="checkbox"/>		
Day 19	<input type="checkbox"/>		
Day 20	<input type="checkbox"/>		
Day 21	<input type="checkbox"/>		

Congratulations!!! It's the end of *Week 3* of training. *Well done!*

Day 22	<input type="checkbox"/>		
Day 23	<input type="checkbox"/>		
Day 24	<input type="checkbox"/>		
Day 25	<input type="checkbox"/>		
Day 26	<input type="checkbox"/>		
Day 27	<input type="checkbox"/>		
Day 28	<input type="checkbox"/>		

It's the end of *Week 4* of training. *Well done!*

Day 29	<input type="checkbox"/>		
Day 30	<input type="checkbox"/>		

You did it!!! You Completed Your **30 Day Challenge!**

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| <p><i>Lifestyle Habits That Matter.</i></p> | <ul style="list-style-type: none"> • Calm brain-body resonance. • Move & exercise consistently. | <ul style="list-style-type: none"> • Eat whole foods mindfully. • Connect with presence and quality. | <ul style="list-style-type: none"> • Sleep with your circadian rhythm in mind. |
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Day 31 *Extend your New Habit into your daily life.*