



My Brain Habit Success Plan

30 Day Challenge - Daily Worksheet

www.DrEvianGordon.com



THE SPECIFIC HABIT I AM TRAINING		
Habit		
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. deep breathing, pushups)	
Reward	What is your IMMEDIATE Reward? (e.g. self congratulations)	
Mark training days, time & amount of training done daily.		
Day 1	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 2	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 3	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 4	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 5	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 6	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 7	<input type="checkbox"/> I Trained	Amount:
	Note:	
Congratulations!!! It's the end of <i>Week 1</i> of training. Well done!		
Day 8	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 9	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 10	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 11	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 12	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 13	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 14	<input type="checkbox"/> I Trained	Amount:
	Note:	
Congratulations!!! It's the end of <i>Week 2</i> of training. Well done!		

Day 15	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 16	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 17	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 18	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 19	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 20	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 21	<input type="checkbox"/> I Trained	Amount:
	Note:	
Congratulations!!! It's the end of <i>Week 3</i> of training. Well done!		
Day 22	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 23	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 24	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 25	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 26	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 27	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 28	<input type="checkbox"/> I Trained	Amount:
	Note:	
Congratulations!!! It's the end of <i>Week 4</i> of training. Well done!		
Day 29	<input type="checkbox"/> I Trained	Amount:
	Note:	
Day 30	<input type="checkbox"/> I Trained	Amount:
	Note:	
You did it!!! You Completed Your 30 Day Challenge!		
Day 31	PLAN to transfer your newly trained habit into your daily lifestyle:	
Enjoy the benefits of your new lifestyle habit.		