



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 days, time & amount of PARs training done daily.	
Day 1	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 2	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 3	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 4	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 5	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 6	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 7	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Congratulations!!! It's the end of <i>Week 1</i> of training. Well done!	
Day 8	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 9	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 10	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 11	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 12	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 13	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 14	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Congratulations!!! It's the end of <i>Week 2</i> of training. Well done!	

Day 15	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 16	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 17	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 18	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 19	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 20	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 21	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Congratulations!!! It's the end of <i>Week 3</i> of training. Well done!	
Day 22	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 23	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 24	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 25	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 26	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 27	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 28	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Congratulations!!! It's the end of <i>Week 4</i> of training. Well done!	
Day 29	<input type="checkbox"/> I Trained Amount: _____ Improvements:
Day 30	<input type="checkbox"/> I Trained Amount: _____ Improvements:
You did it!!! You Completed Your 30 Day Challenge!	
Extend your New Habit into your daily life.	
<i>Lifestyle Habits That Matter.</i>	<ul style="list-style-type: none"> • Calm brain-body resonance. • Move & exercise consistantly. • Eat whole foods mindfully. • Connect with presence and quality. • Sleep with your circadian rythm in mind.
Do a “30 Day Challenge” for ANY new habit.	