



My Brain Habit Success Plan

“30 Day Challenge” Daily Worksheet

www.DrEvianGordon.com



THE SPECIFIC HABIT I AM TRAINING / PARs TO CREATE MY NEW BRAIN HABIT

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	Improvements
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!

Extend your New Habit into your daily life - Do a “30 Day Challenge” for ANY new habit.

Lifestyle Habits That Matter.

- **Calm** brain-body resonance.
- **Eat** whole foods mindfully.
- **Sleep** with your circadian rhythm in mind.
- **Move** & exercise consistently.
- **Connect** with presence and quality.