

LEVEL 1 - WEEKS 1-3



The following grids are to track the progress of **Level 1**. There is one for each week (weeks 1-3 of the challenge) of the level. **Simply place an "X" in the fields for the daily tasks completed.**

This level allows for **2 off days each week**. If you don't complete a task for the day, it does not count as complete.

You must have 5 complete days for each of the three weeks (weeks 1-3) to move on to Level 2. If you fail at this you must start Level 1 again. Additional sheets are found at the end of this workbook, if you need to do a level over.

9Refine Program			Complete These Daily	WEEK 1						
LEVEL 1			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	5 minutes - Once daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 10 Minutes							
		Mindset	Repeat 1 Affirmation 3x							
	Physical	Exercise	30 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)		Social Media/Video	60 minutes or less							
		Television	120 minutes or less							

9Refine Program			Complete These Daily	WEEK 2							
LEVEL 1			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
REQUIRED	Mental	Clarity	5 minutes - Once daily								
		Gratitude	Write 1x Daily								
		Knowledge	Read 10 Minutes								
		Mindset	Repeat 1 Affirmation 3x								
	Physical	Exercise	30 Minutes								
		Hydration	64 ounces of water								
		Diet	2000 Calories or Less								
		Rest	7-9 hours								
SUGGESTED LIMITATIONS (not required)		Social Media/Video	60 minutes or less								
		Television	120 minutes or less								

9Refine Program			Complete These Daily	WEEK 3							
LEVEL 1			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
REQUIRED	Mental	Clarity	5 minutes - Once daily								
		Gratitude	Write 1x Daily								
		Knowledge	Read 10 Minutes								
		Mindset	Repeat 1 Affirmation 3x								
	Physical	Exercise	30 Minutes								
		Hydration	64 ounces of water								
		Diet	2000 Calories or Less								
		Rest	7-9 hours								
SUGGESTED LIMITATIONS (not required)		Social Media/Video	60 minutes or less								
		Television	120 minutes or less								