

LEVEL 3 - WEEKS 7-9



The following grids are to track the progress of **Level 3**. There is one for each week (weeks 4-6 of the challenge) of the level. **Simply place an "X" in the fields for the daily tasks completed.**

This level allows for **No off day each week**. If you don't complete a task for the day, it does not count as complete.

You must have 7 complete days for each of the three weeks (weeks 7-9) to complete the challenge. If you fail at this you must start Level 3 again. Additional sheets are found at the at the end of this workbook, if you need to do a level over.

9Refine Program			Complete These Daily	WEEK 7						
LEVEL 3			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	10 minutes - twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 20 Minutes							
		Mindset	Repeat 3 Affirmations 3x							
	Physical	Exercise	50 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video		30 minutes or less							
	Television		60 minutes or less							

9Refine Program			Complete These Daily	WEEK 8						
LEVEL 3			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	10 minutes - twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 20 Minutes							
		Mindset	Repeat 3 Affirmations 3x							
	Physical	Exercise	50 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video		30 minutes or less							
	Television		60 minutes or less							

9Refine Program			Complete These Daily	WEEK 9						
LEVEL 3			Repeat/Amount/Duration	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
REQUIRED	Mental	Clarity	10 minutes - twice daily							
		Gratitude	Write 1x Daily							
		Knowledge	Read 20 Minutes							
		Mindset	Repeat 3 Affirmations 3x							
	Physical	Exercise	50 Minutes							
		Hydration	64 ounces of water							
		Diet	2000 Calories or Less							
		Rest	7-9 hours							
SUGGESTED LIMITATIONS (not required)	Social Media/Video		30 minutes or less							
	Television		60 minutes or less							