

Name: _____

Level - 1 :: Difficulty - 3
Duration - 4 weeks

Six-Pack Play Card :: Progression

Start Date: _____ End Date: _____

Nutrition

- ♥ Keep kitchen clean and counters clear
Trigger: Clean up immediately after every meal
- ♥ Make menu
Trigger: _____
- ♥ Go grocery shopping
Trigger: _____
- ♥ Diet: _____

- ♥ Drink 8 cups of water
Trigger: Carry a water bottle with you

Exercise

- ♥ Very lite cardio: _____

- Trigger: _____
- ♥ Very lite core: _____

- Trigger: _____

Daily Personal Accountability

Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
Breakfast: Follow diet																												
Breakfast: Clean kitchen																												
Lunch: Follow diet																												
Lunch: Clean kitchen																												
Dinner: Follow diet																												
Dinner: Clean kitchen																												
Make menu																												
Grocery shopping																												
Drink 8 cups of water																												
Very lite cardio																												
Very lite core																												

Weekly Public Accountability :: _____

Public Accountability for Week #:				
Start	1	2	3	End

Six-Pack Play Card :: Mastery

Start:

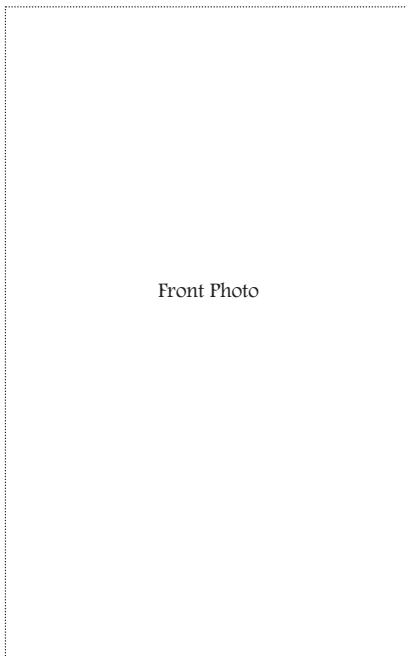


Front Photo

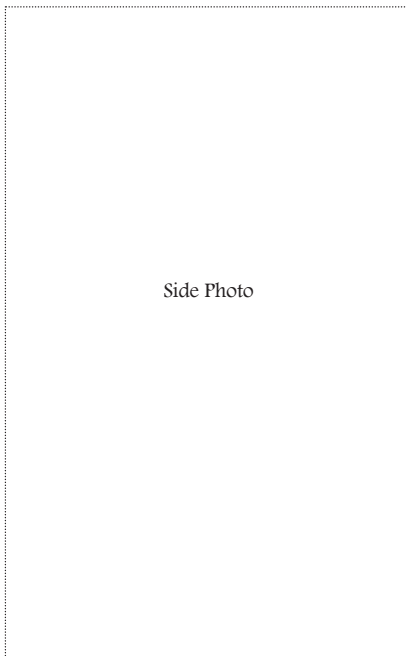


Side Photo

End:



Front Photo



Side Photo

Weight: _____ Measurement: _____

Weight: _____ Measurement: _____