



# 30 DAY TRACKER

DATE STARTED: \_\_\_\_\_

	1	2	3	4	5	6	7	8	9	10
COLD SHOWER										
EXERCISE										
MEDITATE										
GRATITUDE PRACTICE										
MORNING ROUTINE										
VISUALIZATION										
KEEP IT CLEAN										
LOOK SHARP										
NO PORN										
EAT CLEAN										
SELF EDUCATE										
TAKE ACTION										

COLD SHOWER

EXERCISE

MEDITATE

GRATITUDE PRACTICE

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