
30-DAY CHALLENGE WORKSHEET. WEEK ONE

For details on how to complete specific tasks and why, visit [30-Day Challenge on Sexy Style for Joe](#)

Just check the box when you accomplish the task for the day

DAY ONE (Today)

WRITE DOWN YOUR EXPECTATIONS FOR THIS CHALLENGE

TAKE A PHOTO OF HOW YOU LOOK RIGHT NOW

GET ACCOUNTABLE: FIND ACCOUNTABILITY BUDDY OR JOIN THE FB GROUP

GETS A GOOD NIGHT'S SLEEP

Write down your expectations for this challenge:

1. What do you want to accomplish?

2. What results do you expect if you successfully stick with the challenge?

3. How will you know if you succeeded or not?

4. Why are you starting this challenge?

DAY TWO

START THE DAY WITH A TALL GLASS OF WATER

RESEARCH THE GYMS NEAR YOU. PICK ONE.

GET THE FREE EBOOK ["What Killed Your Sex Appeal? 5 Awful Image Mistakes That Men Make With Their Image"](#). READ IT.

GETS A GOOD NIGHT'S SLEEP

DAY THREE

START THE DAY WITH A TALL GLASS OF WATER

5 MINUTE GRATITUDE ROUTINE

READ THE E-MAIL "THE SINGLE MOST IMPORTANT FACTOR AFFECTING HOW ATTRACTIVE YOU LOOK" AND DO THE ACTION STEPS

PICK A WORKOUT ROUTINE

PREPARE YOUR WORKOUT CLOTHES FOR TOMORROW

SAY BYE, BYE TO PORN

GETS A GOOD NIGHT'S SLEEP

DAY FOUR

START THE DAY WITH A TALL GLASS OF WATER

5 MINUTE GRATITUDE ROUTINE

READ THE E-MAIL "HOW TO LOOK TALLER, LEANER AND MORE MUSCULAR JUST BY CHANGING YOUR CLOTHES" AND DO THE ACTION STEPS

HIT THE GYM

INVESTIGATE YOUR SKIN CARE ROUTINE AND SEE IF YOU'RE MISSING ON ANYTHING

STILL NO PORN

GETS A GOOD NIGHT'S SLEEP

DAY FIVE

START THE DAY WITH A TALL GLASS OF WATER

5 MINUTE GRATITUDE ROUTINE

READ THE E-MAIL "HOW TO DO A WARDROBE INTERVENTION AND GET RID OF THE "COCKBLOCKS" IN YOUR CLOSET" AND DO THE ACTION STEPS

GO FOR A WALK (30 – 60 MINUTES). OTHER FORMS OF EXERCISING THAT GET YOU MOVING COUNTS TOO

BASED ON YESTERDAY'S INVESTIGATION OF YOUR CURRENT SKIN CARE ROUTINE, SEE IF YOU ANY PRODUCTS (LIKE MOISTURIZER) AND GET THEM

STILL NO PORN

GETS A GOOD NIGHT'S SLEEP

DAY SIX

START THE DAY WITH A TALL GLASS OF WATER

MORNING SKINCARE ROUTINE

5 MINUTE GRATITUDE ROUTINE

READ THE E-MAIL "THE 10 COMMANDMENTS OF DRESSING SEXY (OR HOW TO DE-NICE-IFY YOUR IMAGE)"

WORK OUT!

(OPTIONAL) SCHEDULE AN APPOINTMENT TO GET A HAIRCUT, IF NEEDED BASED ON YOUR GROOMING INVESTIGATION YESTERDAY

STILL NO PORN

GETS A GOOD NIGHT'S SLEEP

DAY SEVEN

START THE DAY WITH A TALL GLASS OF WATER

MORNING SKINCARE ROUTINE

5 MINUTE GRATITUDE ROUTINE

READ THE E-MAIL "I CAN'T TELL YOU HOW TO DRESS (AND NOBODY ELSE CAN!)" AND DO THE EXERCISES

GO FOR A WALK (30 – 60 MINUTES). OTHER FORMS OF EXERCISING THAT GET YOU MOVING COUNTS TOO

INVESTIGATE YOUR DIET

STILL NO PORN

GETS A GOOD NIGHT'S SLEEP