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# 30-DAY CHALLENGE WORKSHEET. WEEK TWO

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For details on how to complete specific tasks and why, visit [30-Day Challenge \(Week 2\) on Sexy Style for Joe](#)

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

## DAY ONE

START THE DAY WITH A TALL GLASS OF WATER. DRINK ANOTHER GLASS OF WATER DURING LUNCH AND IN THE EVENING.	<input type="checkbox"/>
MORNING SKINCARE ROUTINE	<input type="checkbox"/>
5 MINUTE GRATITUDE ROUTINE	<input type="checkbox"/>
10 MINUTE MEDITATION PRACTICE	<input type="checkbox"/>
WORK OUT. TRACK YOUR PROGRESS	<input type="checkbox"/>
RE-VISIT WHAT WE COVERED IN WEEK ONE IN TERMS OF FASHION/WARDROBE AND MAKE SURE YOU HAVE ALL POINTS COVERED	<input type="checkbox"/>
COUNT YOUR CALORIES FOR THE DAY (APPROX.)	<input type="checkbox"/>
STILL NO PORN	<input type="checkbox"/>
GETS A GOOD NIGHT'S SLEEP	<input type="checkbox"/>

## DAY TWO

START THE DAY WITH A TALL GLASS OF WATER. DRINK ANOTHER GLASS OF WATER DURING LUNCH AND IN THE EVENING.

MORNING SKINCARE ROUTINE

5 MINUTE GRATITUDE ROUTINE

10 MINUTE MEDITATION PRACTICE

GO FOR A WALK (30 – 60 MIN)

GET THAT HAIRCUT (OPTIONAL)

LEARN TO STYLE YOUR HAIR. GET ANY PRODUCTS YOU MIGHT BE MISSING.

COUNT YOUR CALORIES FOR THE DAY (APPROX.)

STILL NO PORN

GETS A GOOD NIGHT'S SLEEP

## DAY THREE

START THE DAY WITH A TALL GLASS OF WATER. DRINK ANOTHER GLASS OF WATER DURING LUNCH AND IN THE EVENING.

MORNING SKINCARE ROUTINE

5 MINUTE GRATITUDE ROUTINE

10 MINUTE MEDITATION PRACTICE

WORK OUT. TRACK YOUR PROGRESS.

DESIGN YOUR "I'M GETTING LAID TONIGHT" OUTFIT.

COUNT YOUR CALORIES FOR THE DAY (APPROX.)

STILL NO PORN

GETS A GOOD NIGHT'S SLEEP

## DAY FOUR

START THE DAY WITH A TALL GLASS OF WATER. DRINK ANOTHER GLASS OF WATER DURING LUNCH AND IN THE EVENING.

MORNING SKINCARE ROUTINE

5 MINUTE GRATITUDE ROUTINE

10 MINUTE MEDITATION PRACTICE

GO FOR A WALK (30 – 60 MIN)

CALCULATE THE CALORIC NEEDS FOR YOUR DESIRED RESULTS

COUNT YOUR CALORIES FOR THE DAY (APPROX.)

STILL NO PORN

GETS A GOOD NIGHT'S SLEEP

## DAY FIVE

START THE DAY WITH A TALL GLASS OF WATER. DRINK ANOTHER GLASS OF WATER DURING LUNCH AND IN THE EVENING.

MORNING SKINCARE ROUTINE

5 MINUTE GRATITUDE ROUTINE

10 MINUTE MEDITATION PRACTICE

WORK OUT. TRACK YOUR PROGRESS

INVESTIGATE YOUR MANSCAPING NEEDS. SCHEDULE ANY NECESSARY PROCEDURES

COUNT YOUR CALORIES FOR THE DAY (APPROX.)

STILL NO PORN

GETS A GOOD NIGHT'S SLEEP

## DAY SIX

START THE DAY WITH A TALL GLASS OF WATER. DRINK ANOTHER GLASS OF WATER DURING LUNCH AND IN THE EVENING.

MORNING SKINCARE ROUTINE

5 MINUTE GRATITUDE ROUTINE

10 MINUTE MEDITATION PRACTICE

GO FOR A WALK (30 – 60 MIN)

PLAN YOUR MEALS FOR NEXT WEEK

STILL NO PORN

GETS A GOOD NIGHT'S SLEEP

## DAY SEVEN

START THE DAY WITH A TALL GLASS OF WATER. DRINK ANOTHER GLASS OF WATER DURING LUNCH AND IN THE EVENING.

MORNING SKINCARE ROUTINE

5 MINUTE GRATITUDE ROUTINE

10 MINUTE MEDITATION PRACTICE

GO FOR A WALK (30 – 60 MIN)

GET THE GROCERIES FOR THE NEXT FEW DAYS / A WEEK

STILL NO PORN

GETS A GOOD NIGHT'S SLEEP