
30-DAY CHALLENGE WORKSHEET. WEEK THREE

For details on how to complete specific tasks and why, visit [30-Day Challenge \(Week 3\) 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"/>
GET THE CLOTHES YOU NEED TO FINISH YOUR "I'M GETTING LAID TONIGHT" LOOK	<input type="checkbox"/>
STICK WITH YOUR MEAL PLAN	<input type="checkbox"/>
EVENING SKIN CARE ROUTINE	<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)

INVESTIGATE YOUR PHYSICAL INSECURITIES

GO THROUGH WITH ANY MANSCAPING PROCEDURES YOU SCHEDULED IN WEEK 2

STICK WITH YOUR MEAL PLAN

EVENING SKIN CARE ROUTINE

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

BE MINDFUL OF YOUR SELF-TALK

STICK WITH YOUR MEAL PLAN

EVENING SKIN CARE ROUTINE

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)

LOG YOUR SELF-TALK

STICK WITH YOUR MEAL PLAN

EVENING SKIN CARE ROUTINE

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 IF YOU NEED TO MAKE ANY CHANGES TO YOUR DIET SPECIFICALLY TO IMPROVE YOUR GLOW

BE MINDFUL OF YOUR SELF-TALK

STICK WITH YOUR MEAL PLAN

EVENING SKIN CARE ROUTINE

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)

MAKE A DECISION REGARDING TANNING. SCHEDULE PROCEDURES/GET PRODUCTS IF NEEDED

PLAN YOUR MEALS FOR WEEK 4

LOG YOUR SELF-TALK

STICK WITH YOUR MEAL PLAN

EVENING SKIN CARE ROUTINE

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)

LOG YOUR SELF-TALK

MAKE A DECISION REGARDING TANNING

STICK WITH YOUR MEAL PLAN

EVENING SKIN CARE ROUTINE

STILL NO PORN

GETS A GOOD NIGHT'S SLEEP