

ELEVATE28

"Your success is not just about changing your habits, it's about changing the way you think. Standard over feelings." - Ben Newman

Start Date: ____/____/____

End Date: ____/____/____

1 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	2 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	3 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	4 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	5 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	6 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	7 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____
8 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	9 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	10 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	11 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	12 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	13 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	14 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____
15 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	16 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	17 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	18 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	19 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	20 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	21 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____
22 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	23 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	24 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	25 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	26 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	27 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____	28 No Tech Morning ____ Morning Water ____ Daily Motion ____ Meditate/Breathe ____ Physical Activity ____ Healthy Eating ____ Journal ____

No Tech Morning - No technology for the first 30 minutes of your day, especially your cell phone

Morning Water - 25% of your daily water intake before you get your day going. Drink half your body weight in ounces each day. Ex: 150lbs = 75 ounces of water per day

Daily Motion - Mobility exercises for 10 minutes

Meditate/Breathe - 10 minutes of meditation or thoughtful breathing

Physical Activity - 30 minutes of deliberate physical activity

Healthy Eating - You make the rules. Establish your Do's and Don'ts and stick to them. Limit sugar, alcohol, and processed foods

Journal - Spend time journaling your thoughts

Visit www.ihsp-oh.com/elevate28 for more details and examples of each daily task. Join our Facebook group for inspiration and to share your experience!