

#MY30DAYS *progress tracker*

BRAVENLY BREAKTHROUGH PROGRAM



Week One 5 DAILY KEYS

WEEK OF:

FOOD

Commit to a food plan.

PRODUCTS

Take the Breakthrough Bundle Products.

MOVE

Do 20 minutes of exercise.

HYDRATE

Drink 1/2 your body weight in oz of water.

MINDSET

Complete 15 minutes of self-development.

DAY 1

<input type="text"/>	food 
<input type="text"/>	products 
<input type="text"/>	move 
<input type="text"/>	hydrate 
<input type="text"/>	mindset 

DAY 2

<input type="text"/>	food 
<input type="text"/>	products 
<input type="text"/>	move 
<input type="text"/>	hydrate 
<input type="text"/>	mindset 

DAY 3

<input type="text"/>	food 
<input type="text"/>	products 
<input type="text"/>	move 
<input type="text"/>	hydrate 
<input type="text"/>	mindset 

DAY 4

<input type="text"/>	food 
<input type="text"/>	products 
<input type="text"/>	move 
<input type="text"/>	hydrate 
<input type="text"/>	mindset 

DAY 5

<input type="text"/>	food 
<input type="text"/>	products 
<input type="text"/>	move 
<input type="text"/>	hydrate 
<input type="text"/>	mindset 

DAY 6

<input type="text"/>	food 
<input type="text"/>	products 
<input type="text"/>	move 
<input type="text"/>	hydrate 
<input type="text"/>	mindset 

DAY 7

<input type="text"/>	food 
<input type="text"/>	products 
<input type="text"/>	move 
<input type="text"/>	hydrate 
<input type="text"/>	mindset 

Week Two 5 DAILY KEYS

WEEK OF:

FOOD

Commit to a food plan.

PRODUCTS

Take the Breakthrough Bundle Products.

MOVE

Do 20 minutes of exercise.

HYDRATE

Drink 1/2 your body weight in oz of water.

MINDSET

Complete 15 minutes of self-development.

DAY 1

food



products



move



hydrate



mindset



DAY 2

food



products



move



hydrate



mindset



DAY 3

food



products



move



hydrate



mindset



DAY 4

food



products



move



hydrate



mindset



DAY 5

food



products



move



hydrate



mindset



DAY 6

food



products



move



hydrate



mindset



DAY 7

food



products



move



hydrate



mindset



Week Three 5 DAILY KEYS

WEEK OF:

FOOD

Commit to a food plan.

PRODUCTS

Take the Breakthrough Bundle Products.

MOVE

Do 20 minutes of exercise.

HYDRATE

Drink 1/2 your body weight in oz of water.

MINDSET

Complete 15 minutes of self-development.

DAY 1

food



products



move



hydrate



mindset



DAY 2

food



products



move



hydrate



mindset



DAY 3

food



products



move



hydrate



mindset



DAY 4

food



products



move



hydrate



mindset



DAY 5

food



products



move



hydrate



mindset



DAY 6

food



products



move



hydrate



mindset



DAY 7

food



products



move



hydrate



mindset



Week Four 5 DAILY KEYS

WEEK OF:

FOOD Commit to a food plan.

PRODUCTS Take the Breakthrough Bundle Products.

MOVE Do 20 minutes of exercise.

HYDRATE Drink 1/2 your body weight in oz of water.

MINDSET Complete 15 minutes of self-development.

DAY 1

<input type="text"/>	food 
<input type="text"/>	products 
<input type="text"/>	move 
<input type="text"/>	hydrate 
<input type="text"/>	mindset 

DAY 2

<input type="text"/>	food 
<input type="text"/>	products 
<input type="text"/>	move 
<input type="text"/>	hydrate 
<input type="text"/>	mindset 

DAY 3

<input type="text"/>	food 
<input type="text"/>	products 
<input type="text"/>	move 
<input type="text"/>	hydrate 
<input type="text"/>	mindset 

DAY 4

<input type="text"/>	food 
<input type="text"/>	products 
<input type="text"/>	move 
<input type="text"/>	hydrate 
<input type="text"/>	mindset 

DAY 5

<input type="text"/>	food 
<input type="text"/>	products 
<input type="text"/>	move 
<input type="text"/>	hydrate 
<input type="text"/>	mindset 

DAY 6

<input type="text"/>	food 
<input type="text"/>	products 
<input type="text"/>	move 
<input type="text"/>	hydrate 
<input type="text"/>	mindset 

DAY 7

<input type="text"/>	food 
<input type="text"/>	products 
<input type="text"/>	move 
<input type="text"/>	hydrate 
<input type="text"/>	mindset 

Weight loss JOURNEY

START DATE:

STARTING WEIGHT: GOAL WEIGHT:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30

Workout CALENDAR

MONTH:

TOP MOVE YOUR BODY GOALS



10



10

SUN

MON

TUE

WED

THUR

FRI

SAT

A 6x7 grid of squares. Each square cell contains a small brown square in its top-right corner. The brown squares are positioned such that they are offset from the top and right edges of the cells, creating a staggered pattern across the grid. The grid is defined by thick black lines.

WaterCHALLENGE

DAY 1 

DAY 2 

DAY 3 

DAY 4 

DAY 5 

DAY 6 

DAY 7 

DAY 8 

DAY 9 

DAY 10 

DAY 11 

DAY 12 

DAY 13 

DAY 14 

DAY 15 

DAY 16 

DAY 17 

DAY 18 

DAY 19 

DAY 20 

DAY 21 

DAY 22 

DAY 23 

DAY 24 

DAY 25 

DAY 26 

DAY 27 

DAY 28 

DAY 29 

DAY 30 

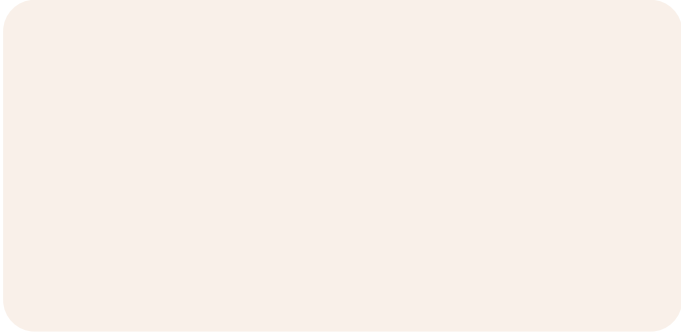
WEEK

DAILY CHECK-OFF

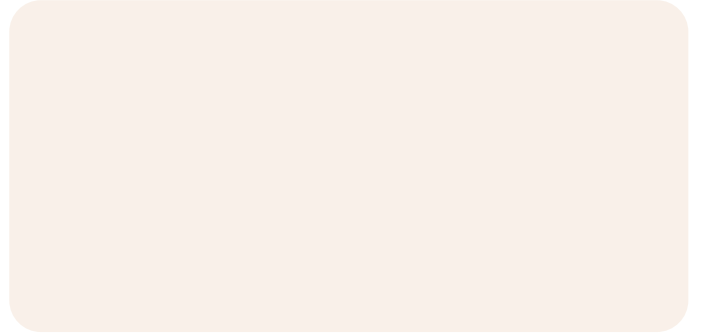
☐ M ☐ T ☐ W ☐ TH ☐ F ☐ S ☐ S

Grocery **LISTS**

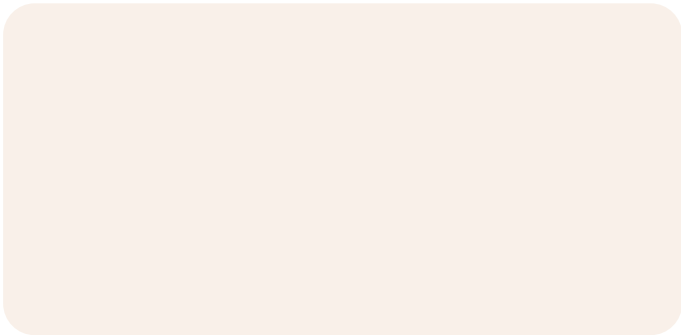
FRUITS



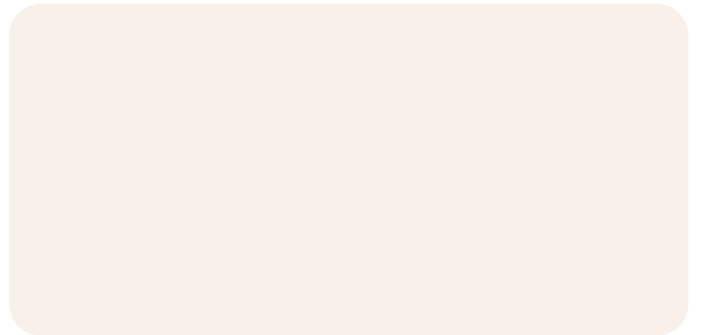
VEGETABLES



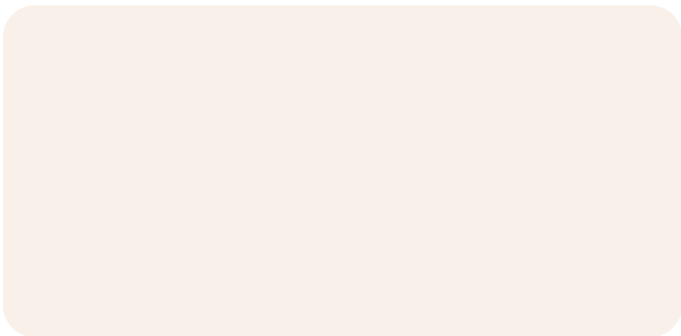
PROTEIN



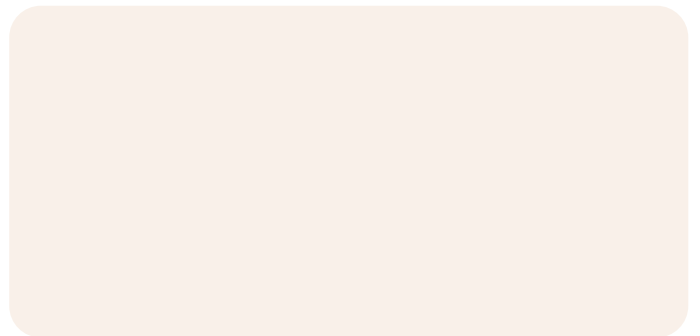
SNACKS



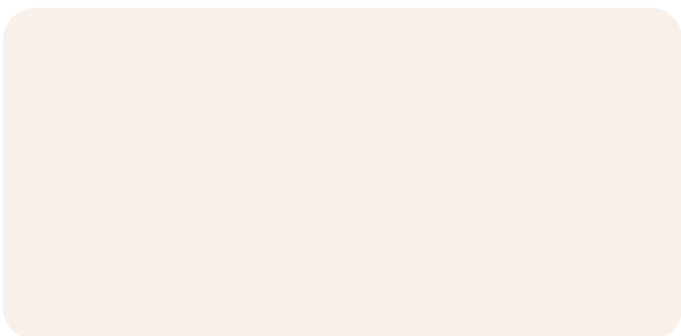
DAIRY OR ALTERNATIVE



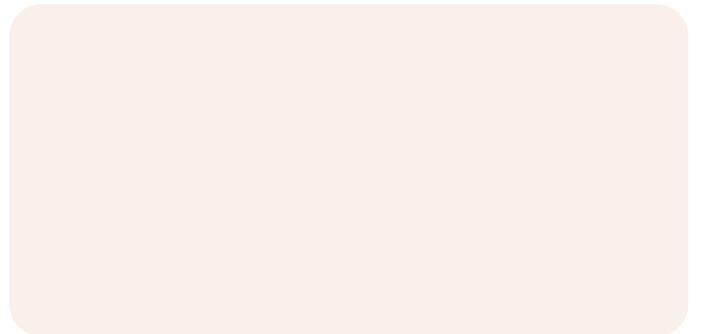
GRAINS



CONDIMENTS & SAUCES



MISC



Meal

PLANNING

	BREAKFAST	LUNCH	DINNER
SUNDAY			
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			

fasting TRACKER

WEEK

FASTING
WINDOW

FOOD DIARY

CHECK
OFF

S

☐

M

☐

T

☐

W

☐

TH

☐

F

☐

S

☐

Savings GOAL

SAVING FOR:

SAVING GOAL:

START BALANCE:

TARGET DATE:

MOTIVATION:



100%

90%

80%

70%

60%

50%

40%

30%

20%

10%