



#CWP60DAY CHALLENGE

MARK EACH DAY YOU COMPLETE SUCCESSFULLY - YOU CAN DO IT!

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|---|--|--|---|---|---|---|----|----|--|
| 1 THE HARDEST PART IS OVER, YOU'VE STARTED! | 2 | 3 | 4 STRIVE FOR PROGRESS, NOT PERFECTION! | 5 | 6 | 7 FIRST WEEK COMPLETED, GREAT START! | 8 | 9 | 10 |
| 11 DON'T GIVE UP! | 12 | 13 | 14 | 15 HALFWAY THROUGH THE FIRST 30 DAYS! YOU'RE AMAZING! | 16 | 17 | 18 | 19 | 20 |
| 21 IT TAKES 21 DAYS TO MAKE A HABIT, YOU'VE GOT THIS! | 22 | 23 | 24 | 25 | 26 | 27 NOTHING WORTH HAVING IS EASY! | 28 | 29 | 30 YOU'RE OFFICIALLY HALFWAY THROUGH, CONGRATS! |
| 31 | 32 A LITTLE PROGRESS EACH DAY ADDS UP TO BIG RESULTS | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 EVERY DAY IS A SECOND CHANCE, SMASH IT TODAY |
| 41 | 42 | 43 MAKE TODAY SO AWESOME THAT YESTERDAY GETS JEALOUS | 44 | 45 | 46 INHALE CONFIDENCE, EXHALE DOUBT | 47 | 48 | 49 | 50 DON'T STOP UNTIL YOU'RE PROUD |
| 51 | 52 | 53 ONE WEEK TO GO! | 54 | 55 | 56 | 57 DIFFICULT ROADS OFTEN LEAD TO BEAUTIFUL DESTINATIONS | 58 | 59 | 60 YOU COMPLETED THE 60-DAY CHALLENGE CONGRATULATIONS! |