

30 DAYS CHALLENGE



GOAL

REWARD

FINAL REVIEW



How many days did you do?

How do you feel about this challenge?

Is there any lesson since the challenge?

If you want to keep it as your routine, what would be your next challenge?

★ RULE TO PLAY

- Put a kettlebell sticker on the board when you're done.
- Don't set a goal that's too hard. Always go small.
- Don't skip more than 2 days.
- Repetition matters, not perfection.
- Give yourself a great reward if you make it.

3 WEEKS REVIEW

How did you do?

Is there any difference from day 10?

Is there anything to improve to keep this challenge?

IMPORTANCE OF THIS CHALLENGE

WHAT IS MY EXPECTATION?

10-DAY REVIEW

How did you do?

Is there anything to improve to keep this challenge?

Things I realized

