

# MB45

45 Days of Habits to Transform your Mind and Body



- ☐ 90 Min Workout or (2) 45 Min
- ☐ 1 Chapter Non-Fiction Book. Write down 3 Takeaways
- ☐ 3 Minute Meditation on 3 Things that You are Thankful for
- ☐ Drink 100 oz of Water \*MINIMUM
- ☐ Pick an AGGRESSIVE Diet Plan and Stick to it!
- ☐ No Cheat Days/ Preferably No Alcohol
- ☐ 20 Mins Working on a \*NEW Skill/Talent/Hobby
- ☐ 1 Kind Message/Word to Someone. \*Cannot Repeat the Same Person