



10 THE HARD WAY



Staying consistent helps create strong routines and builds healthy habits! Set a daily goal for yourself based upon the number ten. Next, complete your goal ten days in a row to develop consistency.

GOAL _____

_____ !

PRO TIP:

A few examples of what your goal could be are: start each day with 10 squats, read 10 pages, or drink 10 glasses of water!

A large number 10 shape is divided into 10 boxes, each containing a number and a date line. The boxes are colored as follows: 1 (red), 2 (blue), 3 (yellow), 4 (red), 5 (grey).

1	DATE
2	DATE
3	DATE
4	DATE
5	DATE

A large number 10 shape is divided into 5 sections, each containing a number and a date line. The sections are colored as follows: 1 (red), 2 (blue), 3 (yellow), 4 (red), 5 (grey).

1	DATE
2	DATE
3	DATE
4	DATE
5	DATE



JOIN THE CLUB

Or submit your completed challenge for a prize!