

# B<sup>3</sup> 7-DAY DISCIPLINE CHALLENGE

## Build Momentum with Simple Daily Habits

Discipline is built through consistent small actions, not random bursts of motivation. Use this 7-day challenge to reset your habits.

### Daily Non-Negotiables

Each day for the next 7 days, aim to:

- Walk 8,000–12,000 steps
- Hit your protein target
- Drink 80–100 oz (2.5–3 L) of water
- Track your food (even roughly)
- Do one training or mobility session
- Spend 10 minutes reflecting or journaling

### How to Use This Challenge

Print this sheet or keep it on your phone. Check off the habits you complete each day. Focus on consistency, not perfection.

### Reflection Prompts

At the end of each day, ask yourself:

- What did I do well today?
- Where did I struggle and why?
- What is one small improvement I can make tomorrow?