40 DAY FORGE

"Self-confidence is the process of keeping promises you make to yourself. Period."- Ed Mylett

Start Date: ___/___/___ **End Date:** ___/___/___

1 Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**2** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**3** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**4** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**5** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**6** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**7** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___
8 Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**9** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**10** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**11** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**12** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**13** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**14** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___
15 Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**16** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**17** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**18** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**19** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**20** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**21** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___
22 Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**23** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**24** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**25** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**26** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**27** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**28** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___
29 Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**30** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**31** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**32** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**33** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**34** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**35** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___
36 Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**37** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**38** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**39** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___	**40** Morning Water ___ Daily Motion - EFD ___ Meditate/Breathe ___ Cold Shower ___ Physical Activity ___ No Booze/No Cheat ___ Golf Swings R/L ___		

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