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 __	18STRONG	