

FITNESS

Your Next 30 Days

Small steps. A clearer plan.

WORKBOOK / FIRST EDITION

Read it. Use it. Make it yours.

BEFORE YOU BEGIN

Make this yours.

Choose one realistic action, keep an honest record for 30 days, and use the weekly check-ins to make the plan fit your life.

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A NOTE ON THIS EDITION

An original Ownable resource for personal use. Work through the examples, then use the worksheets to make a plan that fits your life.

A month you can actually record

This workbook is for planning and recording routines. Use it for activity, study, creative work, or another habit you want to organise. It does not prescribe a workout, diet, or medical routine.

Choose one action

Name something you can do and observe: ten minutes of suitable movement, one focused study block, or preparing tomorrow's task. Keep the target small enough that you can record the truth.

My main action and why it matters to me

My minimum version on a busy day
