DAILY RULES (week 4)	22	23	24	25	26	27	28
🌳Follow a diet	O	O	O	O	O	O	O
💪2 x45 minute workouts (1 outside)	O	O	O	O	O	O	O
🚫No alcohol OR cheat meals	O	O	O	O	O	O	O
📸Take a progress photo	O	O	O	O	O	O	O
💧4 litres of water	O	O	O	O	O	O	O
📚10 pages of reading	O	O	O	O	O	O	O

DAILY RULES (week 5)	29	30	31	32	33	34	35
🌳Follow a diet	O	O	O	O	O	O	O
💪2 x45 minute workouts (1 outside)	O	O	O	O	O	O	O
🚫No alcohol OR cheat meals	O	O	O	O	O	O	O
📸Take a progress photo	O	O	O	O	O	O	O
💧4 litres of water	O	O	O	O	O	O	O
📚10 pages of reading	O	O	O	O	O	O	O

DAILY RULES (week 6)	36	37	38	39	40	41	42
🌳Follow a diet	O	O	O	O	O	O	O
💪2 x45 minute workouts (1 outside)	O	O	O	O	O	O	O
🚫No alcohol OR cheat meals	O	O	O	O	O	O	O
📸Take a progress photo	O	O	O	O	O	O	O
💧4 litres of water	O	O	O	O	O	O	O
📚10 pages of reading	O	O	O	O	O	O	O

DAILY RULES (week 7)	43	44	45	46	47	48	49
🌳Follow a diet	O	O	O	O	O	O	O
💪2 x45 minute workouts (1 outside)	O	O	O	O	O	O	O
🚫No alcohol OR cheat meals	O	O	O	O	O	O	O
📸Take a progress photo	O	O	O	O	O	O	O
💧4 litres of water	O	O	O	O	O	O	O
📚10 pages of reading	O	O	O	O	O	O	O