



THE PEAK MALE 30-DAY CHALLENGE

For the next 30 days, commit to becoming 1% better every day.

Non-Negotiables

- Drink at least 80 ounces of water daily
- Exercise at least 20 minutes daily
- Eat protein with every meal
- Read 10 pages daily
- Spend 5 minutes planning your day
- Spend 5 minutes reflecting before bed
- Get 7+ hours of sleep
- No excuses

Starting Measurements

Weight: _____

Waist: _____

Energy Level (1-10): _____

Motivation Level (1-10): _____

Confidence Level (1-10): _____

Sleep Quality (1-10): _____

Day 30 Results

Weight: _____

Waist: _____

Energy Level (1-10): _____

Motivation Level (1-10): _____

Confidence Level (1-10): _____

Sleep Quality (1-10): _____

Letter to My Future Self

Thirty days from now I want to be proud that I:

Signature: _____

Date: _____

"I refuse to drift through life. I choose purpose. I choose discipline. I choose growth. I choose to become a Peak Male."