

- 30 days of yoga
- 30 days of Whole30®
- 30 days of green smoothies
- 30 days of clearing clutter
- 30 days of no alcohol
- 30 days of meditation
- 30 days of creating
- 30 days of exercise
- 30 days of promoting my business
- 30 days of riding my bike to work
- 30 days of no sugar
- 30 days of family dinners
- 30 days of running
- 30 days of reading
- 30 days of spring cleaning
- 30 days of 10,000 steps
- 30 days of no soda
- 30 days of no shopping
- 30 days of writing
- 30 days of no caffeine
- 30 days of drinking a gallon of H₂O
- 30 days of gratitude
- 30 days of journaling
- 30 days of random acts of kindness
- 30 days of letter writing
- 30 days of no social media
- 30 days of no TV
- 30 days of

3 COMMIT

commit. plan. succeed.

HELLO. My name is:

.....

This year I will:

.....

.....

.....

If found, please return to:

.....

.....



commit30.com



[/commit30](https://www.facebook.com/commit30)



[/commit30](https://www.instagram.com/commit30)



[/icommit30](https://twitter.com/commit30)



step 1: my vision What do I want this year to look like? To feel like?

Within each circle ask yourself what is most important to you and what you can do to improve upon these areas for a more balanced life.

physical health

mental health

spiritual health

personal growth

marriage / partner

family / friends

career

home

pure joy / fun

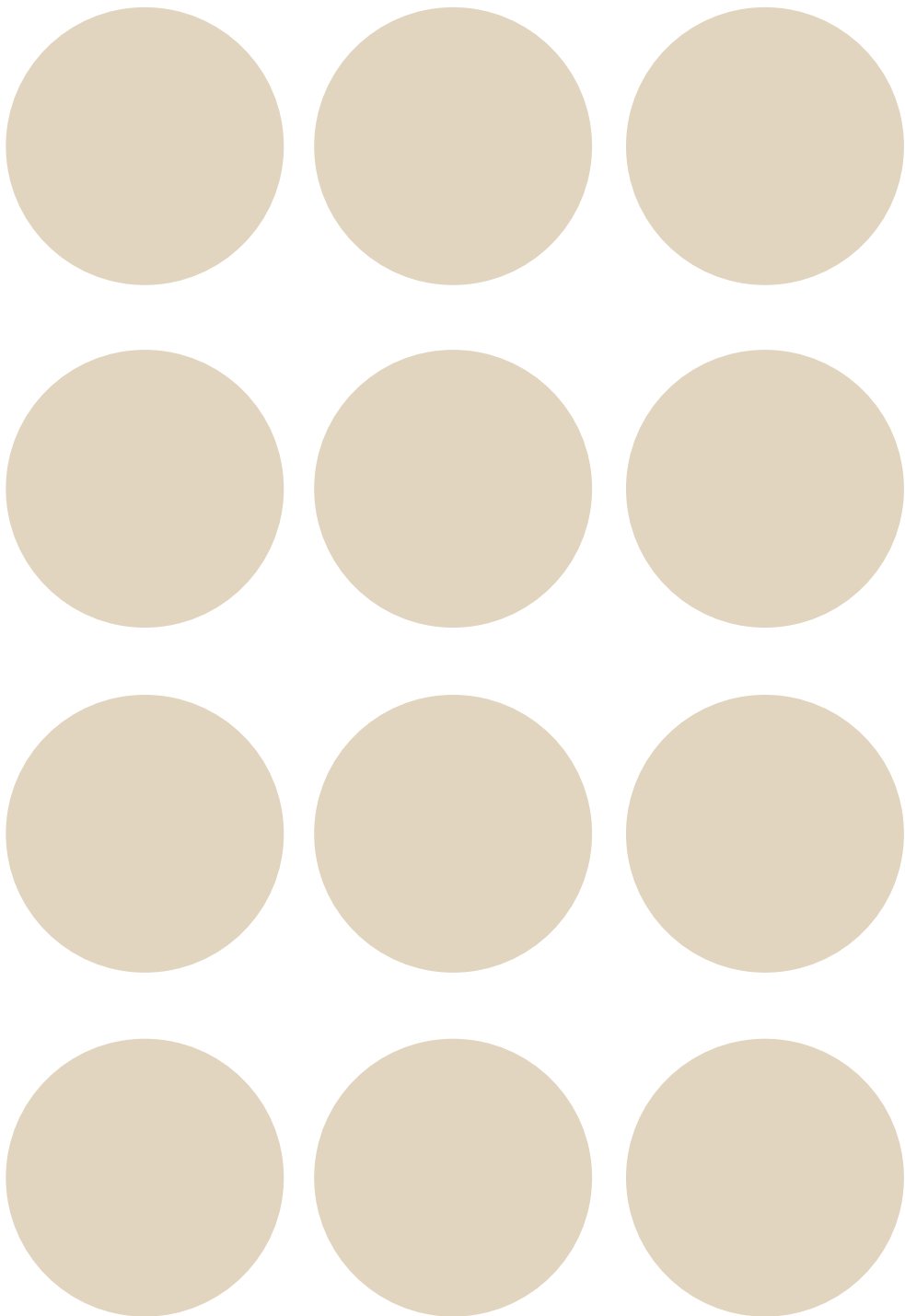
adventure / travel

community

finances

step 2: my monthly goals overview

12 months / 12 goals (Use each month's goal setting page to create detailed action steps for each goal.)



step 3: my daily action steps

Plan out your days the night before and set realistic, achievable goals.

The key to success is found in your daily routine.

Daily focus box

- Top priority for the day
- AM routine / workouts
- Special events, bdays

Custom columns

- Work, life, kids
- AM, @Noon, PM
- Biz 1, Biz 2, Home

JANUARY	MONDAY 2	TUESDAY 3	WEDNESDAY 4
This week, I commit to:			
LIFE TO DO	6	Remember: small steps = big results. Your daily to-do list should be determined by your overall goal.	
<input type="checkbox"/>	7		
<input type="checkbox"/>	8		
<input type="checkbox"/>	9		
<input type="checkbox"/>	10		
<input type="checkbox"/>	11		
<input type="checkbox"/>	12		
<input type="checkbox"/>	1		
WORK TO DO	2		
<input type="checkbox"/>	3		
<input type="checkbox"/>	4		
<input type="checkbox"/>	5		
<input type="checkbox"/>	6		
<input type="checkbox"/>	7		
<input type="checkbox"/>	8		
NOTES	Blank space / doodles / grocery list		

Life to do list

Work to do list

Three special rows for top 3 categories

EXAMPLES

- Top 3 to do
- Breakfast
- Lunch
- Dinner

step 4: track each day

Use the monthly 30 day checklist to show each day you work towards your goal.



Don't break the chain!

step 5: share your goals

with friends and family and online using #commit30.

And don't forget that in between goals is a thing called life that has to be lived and enjoyed.

JANUARY							FEBRUARY							MARCH							JANUARY							FEBRUARY							MARCH						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
2	3	4	5	6	7	8	6	7	8	9	10	11	12	6	7	8	9	10	11	12	1	2	3	4	5	6	7	5	6	7	8	9	10	11	5	6	7	8	9	10	11
9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19	8	9	10	11	12	13	14	12	13	14	15	16	17	18	12	13	14	15	16	17	18
16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26	15	16	17	18	19	20	21	19	20	21	22	23	24	25	19	20	21	22	23	24	25
23	24	25	26	27	28	29	27	28	27	28	29	30	31	22	23	24	25	26	27	28	26	27	28	26	27	28	26	27	28	29	30	31									
30	31												29	30	31								29	30	31							29	30	31							
APRIL							MAY							JUNE							APRIL							MAY							JUNE						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
					1	2	1	2	3	4	5	6	7				1	2	3	4							1				1	2	3	4							
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
24	25	26	27	28	29	30	29	30	31	26	27	28	29	30	23	24	25	26	27	28	29	20	21	22	23	24	25	26	28	29	30	31	25	26	27	28	29	30			
31																			30																						
JULY							AUGUST							SEPTEMBER							JULY							AUGUST							SEPTEMBER						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
					1	2		1	2	3	4	5	6					1	2	3							1				1	2	3	4							
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	3	4	5	6	7	8	9
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	10	11	12	13	14	15	16
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	17	18	19	20	21	22	23
24	25	26	27	28	29	30	28	29	30	31	25	26	27	28	29	30	23	24	25	26	27	28	29	27	28	29	30	31	24	25	26	27	28	29	30						
31																			30	31																					
OCTOBER							NOVEMBER							DECEMBER							OCTOBER							NOVEMBER							DECEMBER						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
						1			1	2	3	4	5					1	2	3							1				1	2	3	4							
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	1	2	3	4	5	6	7	5	6	7	8	9	10	11	3	4	5	6	7	8	9
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	8	9	10	11	12	13	14	12	13	14	15	16	17	18	10	11	12	13	14	15	16
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	15	16	17	18	19	20	21	19	20	21	22	23	24	25	17	18	19	20	21	22	23
23	24	25	26	27	28	29	27	28	29	30	25	26	27	28	29	30	31	22	23	24	25	26	27	28	26	27	28	29	30	24	25	26	27	28	29	30					
30	31																		29	30	31						24	25	26	27	28	29	30								

U.S. HOLIDAYS

JAN 1	New Year's Day	APR 14	Good Friday	JUN 18	Father's Day	OCT 31	Halloween
JAN 16	Martin Luther King Jr. Day	APR 16	Easter Sunday	JUL 4	Independence Day	NOV 11	Veterans Day
FEB 14	Valentine's Day	MAY 14	Mother's Day	SEP 4	Labor Day	NOV 23	Thanksgiving Day
FEB 20	Presidents' Day	MAY 29	Memorial Day	OCT 9	Explorers Day	DEC 25	Christmas Day

U.S. HOLIDAYS

JAN 1	New Year's Day	MAR 30	Good Friday	JUN 17	Father's Day	OCT 31	Halloween
JAN 15	Martin Luther King Jr. Day	APR 1	Easter Sunday	JUL 4	Independence Day	NOV 11	Veterans Day
FEB 14	Valentine's Day	MAY 13	Mother's Day	SEP 3	Labor Day	NOV 22	Thanksgiving Day
FEB 19	Presidents' Day	MAY 28	Memorial Day	OCT 8	Explorers Day	DEC 25	Christmas Day

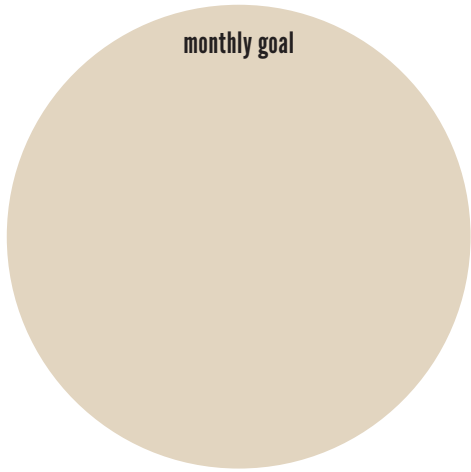
NOTES

NOTES

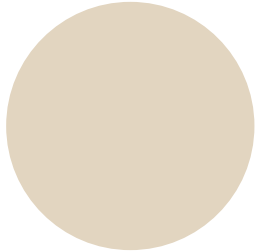
Notes section with a grid of dots for writing.

APRIL

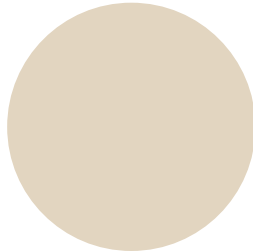
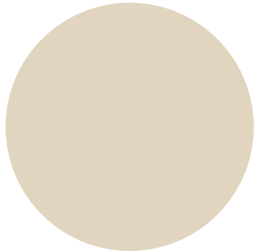
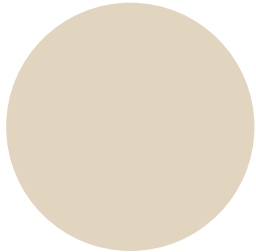
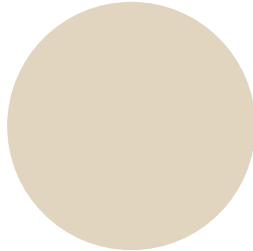
**A GOAL
WITHOUT
A PLAN
IS JUST
A WISH.**



monthly goal



action steps



3 COMMIT

30-DAY CHALLENGE

This month, I commit to:

.....
.....
.....

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

This month I did / did not reach my goal. Why?

.....
.....

Overall I would rate my effort towards my goal (1-10)

.....
.....

Next steps:

.....
.....

My reward:

.....
.....

commit. plan. succeed.

APR 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

This month, I commit to:

27

28

29

30

31

1

april fool's day

2

NOTES

3

4

5

6

7

8

9

10

passover begins

11

12

13

14

good friday

15

tax day

16

easter

17

18

passover ends

19

20

21

22

earth day

23

24

25

26

27

28

29

30

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

This week, I commit to:			
6			
7			
8			
9			
10			
11			
12			
1			
2			
3			
4			
5			
6			
7			
8			

This week, I commit to:			
6			
7			
8			
9			
10			
11			
12			
1			
2			
3			
4			
5			
6			
7			
8			

APRIL

MONDAY 3

TUESDAY 4

WEDNESDAY 5

THURSDAY 6

FRIDAY 7

SATURDAY 8

SUNDAY 9

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

6
7
8
9
10
11
12
1
2
3
4
5
6
7
8

6
7
8
9
10
11
12
1
2
3
4
5
6
7
8

APRIL

MONDAY 10

TUESDAY 11

WEDNESDAY 12

THURSDAY 13

FRIDAY 14

SATURDAY 15

SUNDAY 16

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

Grid of dotted lines for notes.

Calendar grid for Thursday 13, Friday 14, Saturday 15, and Sunday 16. Includes a 'This week, I commit to:' header and a 'LIFE TO DO' section with checkboxes and a numbered list (6-10) on the left side of each day's column.

APRIL

MONDAY 24

TUESDAY 25

WEDNESDAY 26

THURSDAY 27

FRIDAY 28

SATURDAY 29

SUNDAY 30

This week, I commit to:

LIFE TO DO

WORK TO DO

NOTES

This week, I commit to:			
6			
7			
8			
9			
10			
11			
12			
1			
2			
3			
4			
5			
6			
7			
8			

This week, I commit to:			
6			
7			
8			
9			
10			
11			
12			
1			
2			
3			
4			
5			
6			
7			
8			