

- 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



/commit30



/icommitt30



step 1: my vision

What do I want this year to look like? To feel like?

physical health

mental health

marriage / partner

family / friends

pure joy / fun

adventure / travel

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.

spiritual health

personal growth

career

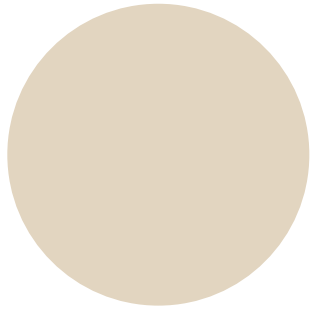
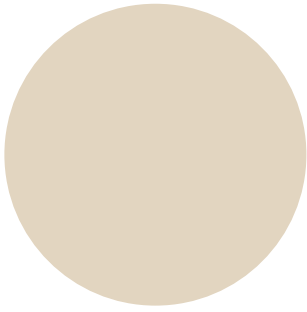
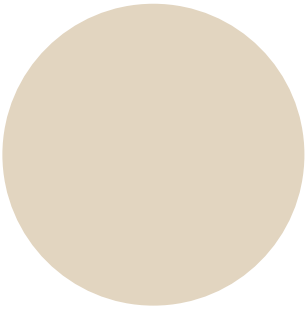
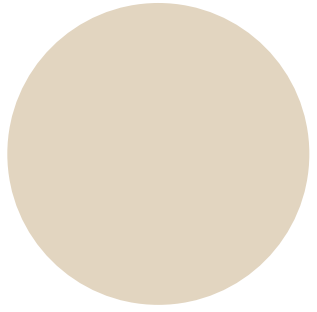
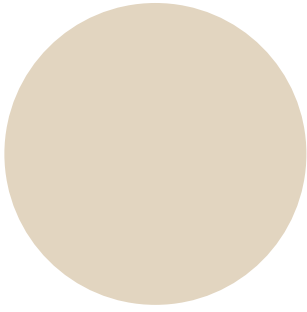
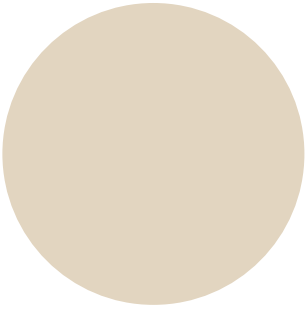
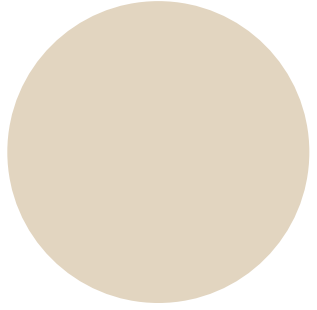
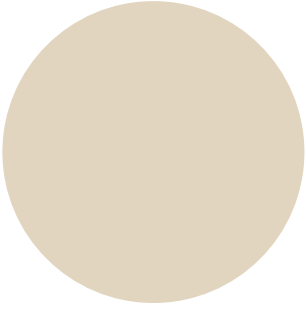
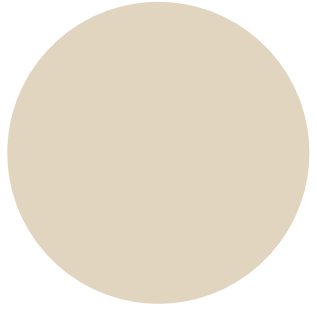
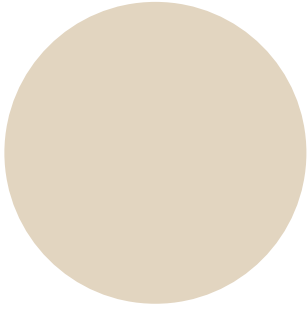
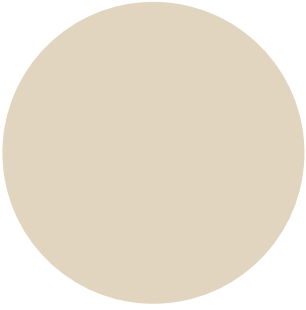
home

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

Life to do list

Work to do list

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		
<input type="checkbox"/>	2		
<input type="checkbox"/>	3		
<input type="checkbox"/>	4		
WORK TO DO	5		
<input type="checkbox"/>	6		
<input type="checkbox"/>	7		
<input type="checkbox"/>	8		
<input type="checkbox"/>	NOTES		
<input type="checkbox"/>	Blank space / doodles / grocery list		
<input type="checkbox"/>			

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.

2017

JANUARY

M	T	W	T	F	S	S
						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	31					

FEBRUARY

M	T	W	T	F	S	S
		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					

MARCH

M	T	W	T	F	S	S
		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	31		

APRIL

M	T	W	T	F	S	S
					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

MAY

M	T	W	T	F	S	S
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	31				

JUNE

M	T	W	T	F	S	S
			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		

JULY

M	T	W	T	F	S	S
					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
31						

AUGUST

M	T	W	T	F	S	S
	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	31			

SEPTEMBER

M	T	W	T	F	S	S
				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	

OCTOBER

M	T	W	T	F	S	S
						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	31					

NOVEMBER

M	T	W	T	F	S	S
		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			

DECEMBER

M	T	W	T	F	S	S
				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	31

U.S. HOLIDAYS

JAN 1 New Year's Day
 JAN 16 Martin Luther King Jr. Day
 FEB 14 Valentine's Day
 FEB 20 Presidents' Day

APR 14 Good Friday
 APR 16 Easter Sunday
 MAY 14 Mother's Day
 MAY 29 Memorial Day

JUN 18 Father's Day
 JUL 4 Independence Day
 SEP 4 Labor Day
 OCT 9 Explorers Day

OCT 31 Halloween
 NOV 11 Veterans Day
 NOV 23 Thanksgiving Day
 DEC 25 Christmas Day

NOTES

A large grid of dotted lines for taking notes.

JANUARY

M	T	W	T	F	S	S
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	31				

FEBRUARY

M	T	W	T	F	S	S
			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				

MARCH

M	T	W	T	F	S	S
			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	31	

APRIL

M	T	W	T	F	S	S
						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						

MAY

M	T	W	T	F	S	S
	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	31			

JUNE

M	T	W	T	F	S	S
				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	

JULY

M	T	W	T	F	S	S
						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	31					

AUGUST

M	T	W	T	F	S	S
		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	31		

SEPTEMBER

M	T	W	T	F	S	S
					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

OCTOBER

M	T	W	T	F	S	S
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	31				

NOVEMBER

M	T	W	T	F	S	S
			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		

DECEMBER

M	T	W	T	F	S	S
					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
31						

U.S. HOLIDAYS

JAN 1 New Year's Day
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 FEB 19 Presidents' Day

MAR 30 Good Friday
 APR 1 Easter Sunday
 MAY 13 Mother's Day
 MAY 28 Memorial Day

JUN 17 Father's Day
 JUL 4 Independence Day
 SEP 3 Labor Day
 OCT 8 Explorers Day

OCT 31 Halloween
 NOV 11 Veterans Day
 NOV 22 Thanksgiving Day
 DEC 25 Christmas Day

NOTES

A large grid of dotted lines for taking notes, spanning the width of the page below the 'NOTES' header.

notes projects journal



MARCH

**THERE ARE
SEVEN DAYS
IN THE WEEK
AND SOMEDAY
ISN'T ONE
OF THEM.**

monthly goal

action steps

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

.....
.....

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

.....

Next 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					

My reward:

.....

.....

commit. plan. succeed.

MAR 2017

MONDAY

TUESDAY

WEDNESDAY

This month, I commit to:

27

28

1

NOTES

6

7

8

international women's day

13

14

15

20

21

22

27

28

29

THURSDAY

FRIDAY

SATURDAY

SUNDAY

2

3

4

5

9

10

11

12

daylight saving time begins

16

17

st. patrick's day

18

19

23

24

25

26

30

31

1

2

This week, I commit to:

LIFE TO DO

6

7

8

9

10

11

12

1

2

3

4

WORK TO DO

5

6

7

8

NOTES

THURSDAY 2

FRIDAY 3

SATURDAY 4

SUNDAY 5

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

MARCH

MONDAY 6

TUESDAY 7

WEDNESDAY 8

This week, I commit to:

LIFE TO DO

6

7

8

9

10

11

12

1

2

3

4

WORK TO DO

5

6

7

8

NOTES

THURSDAY 9

FRIDAY 10

SATURDAY 11

SUNDAY 12

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

MARCH

MONDAY 13

TUESDAY 14

WEDNESDAY 15

This week, I commit to:

LIFE TO DO

6

7

8

9

10

11

12

1

2

3

4

WORK TO DO

5

6

7

8

NOTES

THURSDAY 16

FRIDAY 17

SATURDAY 18

SUNDAY 19

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

MARCH

MONDAY 20

TUESDAY 21

WEDNESDAY 22

This week, I commit to:

LIFE TO DO

6

7

8

9

10

11

12

1

2

3

4

WORK TO DO

5

6

7

8

NOTES

THURSDAY 23

FRIDAY 24

SATURDAY 25

SUNDAY 26

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

This week, I commit to:

LIFE TO DO

WORK TO DO

6

7

8

9

10

11

12

1

2

3

4

5

6

7

8

NOTES

THURSDAY 30

FRIDAY 31

SATURDAY 1

SUNDAY 2

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

notes projects journal

