


KROCKS IN THE KITCHEN 60-DAY HABIT CHANGING CHALLENGE!

STEP 1: PICK THREE THINGS YOU WANT TO DO EVERY DAY*
FOR THE NEXT 60 DAYS & WRITE THEM BELOW! *OR ALMOST EVERY DAY




STEP 2: PRINT THIS OUT & CHECK OFF EACH DAY YOU SUCCEED!


HABIT ONE:

01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	

HABIT TWO:

01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	

HABIT THREE:

01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	

FOLLOW ALONG WITH US AT [YOUTUBE.COM/KROCKSINTHEKITCHEN](https://www.youtube.com/krocksinthekitchen)

DISCLAIMER: WE ARE NOT DOCTORS, WE ARE JUST TWO GOOFY PEOPLE TRYING TO CHANGE OUR LIVES. PLEASE DO NOT TAKE ANYTHING WE SAY AS MEDICAL ADVICE. :)