



66 Day Challenge - Eat or Drink 30 grams of Protein within 30 minutes of waking up

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		Scale weight	30grams of Protein / 30 minutes after waking			Scale weight	30grams of Protein / 30 minutes after waking
Start date:	Day 1			Day 34			
	Day 2			Day 35			
	Day 3			Day 36			
	Day 4			Day 37			
	Day 5			Day 38			
	Day 6			Day 39			
	Day 7			Day 40			
	Day 8			Day 41			
	Day 9			Day 42			
	Day 10			Day 43			
	Day 11			Day 44			
	Day 12			Day 45			
	Day 13			Day 46			
	Day 14			Day 47			
	Day 15			Day 48			
	Day 16			Day 49			
	Day 17			Day 50			
	Day 18			Day 51			
	Day 19			Day 52			
	Day 20			Day 53			
	Day 21			Day 54			
	Day 22			Day 55			
	Day 23			Day 56			
	Day 24			Day 57			
	Day 25			Day 58			
	Day 26			Day 59			
	Day 27			Day 60			
	Day 28			Day 61			
	Day 29			Day 62			
	Day 30			Day 63			
	Day 31			Day 64			
	Day 32			Day 65			
	Day 33			Day 66	End date:		

I, _____ promise to complete this "Protein Habit Challenge for the next 66 days" with a compliance of 90%.

Signed _____

Witness _____