

SIX DAY ACCELERATE

Welcome to your Six Day
Accelerate Challenge.

Enclosed are your daily checklists.
Print all pages. Write your goals
and gratitude at the start of each
day and tick each checkbox
throughout the day.

Remember, there is no right or
wrong way of doing this.
Sometimes life gets in the way and
that is okay.

This is your experience and I am
here to help you along the way.

Bring on these 6 days!

DAY 1 ACCELERATE

"The body achieves what the mind believes"

Today I am grateful for:

Today my goal is to:

CHECKLIST

- Complete workout
- Walk at least 8000 steps
- Drink min 2L water
- Sleep 6-8 hours
- Avoid alcohol
- 1 coffee only
- Avoid dairy or gluten
- Avoid artificial/refined sugar
- Do something nice for yourself

DAY 2 ACCELERATE

"Your thoughts are seeds that you plant"

Today I am grateful for:

Today my goal is to:

CHECKLIST

- Complete workout
- Walk at least 8000 steps
- Drink min 2L water
- Sleep 6-8 hours
- Avoid alcohol
- 1 coffee only
- Avoid dairy or gluten
- Avoid artificial/refined sugar
- Do something nice for someone else

DAY 3 ACCELERATE

"Slow progress is better than no progress.
Stay positive and don't give up"

Today I am grateful for:

Today my goal is to:

CHECKLIST

- Complete workout
- Walk at least 8000 steps
- Drink min 2L water
- Sleep 6-8 hours
- Avoid alcohol
- 1 coffee only
- Avoid dairy or gluten
- Avoid artificial/refined sugar
- Listen to a 15 min guided meditation

DAY 4 ACCELERATE

"You have been assigned this mountain to show others it can be moved"

Today I am grateful for:

Today my goal is to:

CHECKLIST

- Complete workout
- Walk at least 8000 steps
- Drink min 2L water
- Sleep 6-8 hours
- Avoid alcohol
- 1 coffee only
- Avoid dairy or gluten
- Avoid artificial/refined sugar
- No devices for 1 hour

DAY 5 ACCELERATE

"Nothing is impossible. The word itself says
I'M POSSIBLE!"

Today I am grateful for:

Today my goal is to:

CHECKLIST

- Complete workout
- Walk at least 8000 steps
- Drink min 2L water
- Sleep 6-8 hours
- Avoid alcohol
- 1 coffee only
- Avoid dairy or gluten
- Avoid artificial/refined sugar
- Declutter a space in your home that needs decluttering

DAY 6 ACCELERATE

"Do something today that your future self
will thank you for"

Today I am grateful for:

Today my goal is to:

CHECKLIST

- Complete workout
- Walk at least 8000 steps
- Drink min 2L water
- Sleep 6-8 hours
- Avoid alcohol
- 1 coffee only
- Avoid dairy or gluten
- Avoid artificial/refined sugar
- Reflect on the past 6 days.

Write down what you learned
and what you will continue