

STRIVE FOR MORE IN 2024 CHALLENGE



progress tracker

BRAVENLY BREAKTHROUGH PROGRAM



body measurement TRACKER



TIP: Take body measurements in inches

BEFORE

AFTER

NECK

NECK

UPPER ARM

UPPER ARM

CHEST

CHEST

WAIST

WAIST

HIP

HIP

THIGH

THIGH

CALF

CALF

BEFORE

AFTER

Take a before picture and label it with the date.

Take an after picture and label it with the date.

Take a picture of you from the front, back, side and face.

Take the same pictures as you did before.

*Follow Bravenly's Before & After Compliance Guidelines
*Submit photos via email to testimonials@bravenlyglobal.com

5 DAILY KEYS *to unlock your transformation*

WEEK OF:

FOOD Commit to a food plan.

PRODUCTS Take the Breakthrough Bundle Products.

MOVE Do 20 minutes of exercise.

HYDRATE Drink 1/2 your body weight in oz of water.

MINDSET Complete 15 minutes of self-development.

DAY 1

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 2

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 3

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 4

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 5

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 6

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 7

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

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DAY 8

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 9

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 10

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 11

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 12

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 13

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 14

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

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DAY 15

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 16

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 17

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 18

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 19

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 20

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 21

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

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WEEK OF:

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DAY 22

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 23

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 24

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 25

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 26

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 27

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

DAY 28

| | | |
|--|----------|---|
| | food |  |
| | products |  |
| | move |  |
| | hydrate |  |
| | mindset |  |

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WEEK OF:

FOOD Commit to a food plan.

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DAY 29

food 

products 

move 

hydrate 

mindset 

DAY 30

food 

products 

move 

hydrate 

mindset 

DAY 31

food 

products 

move 

hydrate 

mindset 

Print these pages again for your next 30 day challenge

weight loss JOURNEY

START DATE:

STARTING WEIGHT:

GOAL WEIGHT:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

DAY 29

DAY 30

workout CALENDAR

MONTH:

TOP MOVE YOUR BODY GOALS



SUN

MON

TUE

WED

THUR

FRI

SAT

A 6x7 grid of squares. Each square contains a small, light brown square in the top-left corner. The square at the bottom-left (row 6, column 1) is highlighted with a thicker border.

water CHALLENGE

DAY 1 

DAY 2 

DAY 3 

DAY 4 

DAY 5 

DAY 6 

DAY 7 

DAY 8 

DAY 9 

DAY 10 

DAY 11 

DAY 12 

DAY 13 

DAY 14 

DAY 15 

DAY 16 

DAY 17 

DAY 18 

DAY 19 

DAY 20 

DAY 21 

DAY 22 

DAY 23 

DAY 24 

DAY 25 

DAY 26 

DAY 27 

DAY 28 

DAY 29 

DAY 30 

mindset ACTIVITY

WEEK

ACTIVITY DESCRIPTION

DAILY CHECK-OFF

☐ M ☐ T ☐ W ☐ TH ☐ F ☐ S ☐ S

☐ M ☐ T ☐ W ☐ TH ☐ F ☐ S ☐ S

☐ M ☐ T ☐ W ☐ TH ☐ F ☐ S ☐ S

☐ M ☐ T ☐ W ☐ TH ☐ F ☐ S ☐ S

☐ M ☐ T ☐ W ☐ TH ☐ F ☐ S ☐ S

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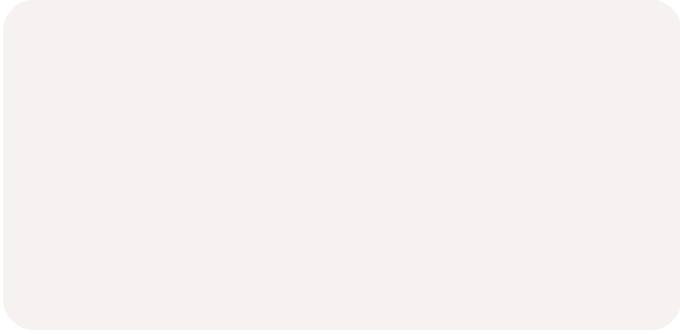
☐ M ☐ T ☐ W ☐ TH ☐ F ☐ S ☐ S

☐ M ☐ T ☐ W ☐ TH ☐ F ☐ S ☐ S

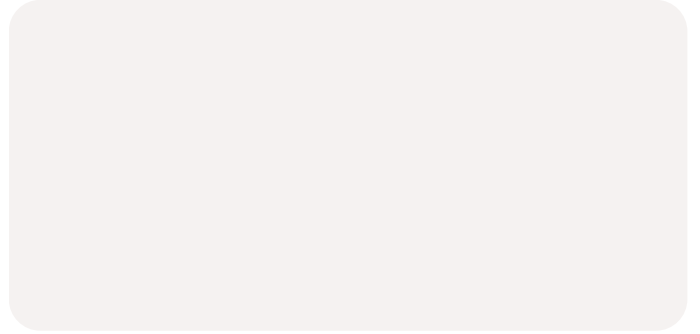
☐ M ☐ T ☐ W ☐ TH ☐ F ☐ S ☐ S

grocery LISTS

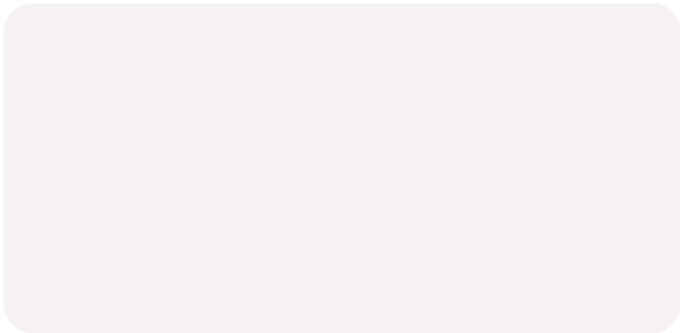
FRUITS



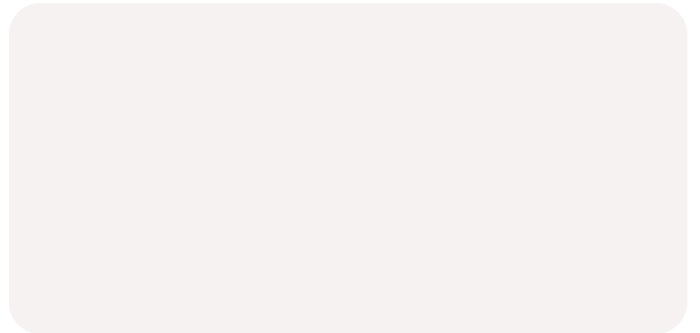
VEGETABLES



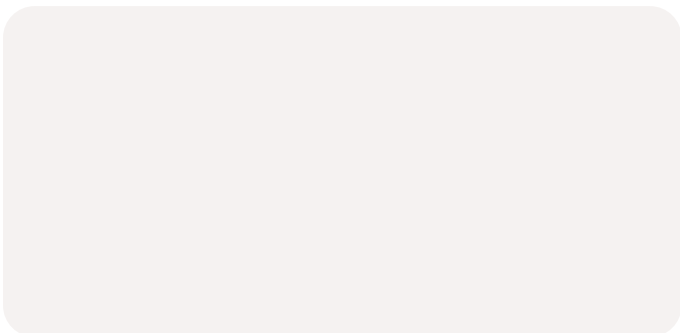
PROTEIN



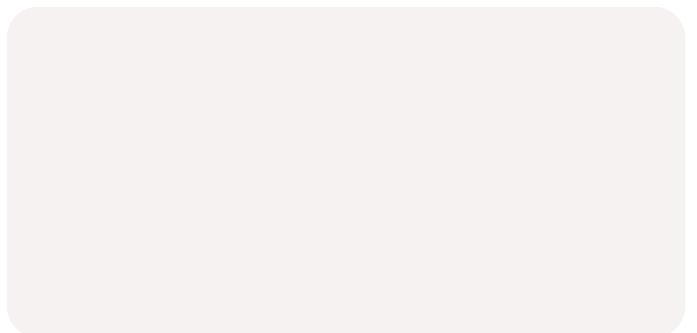
SNACKS



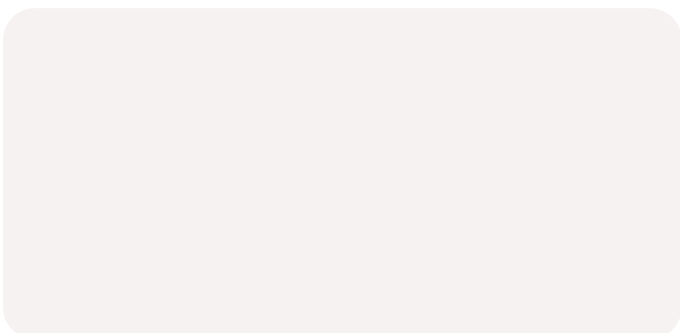
DAIRY OR ALTERNATIVE



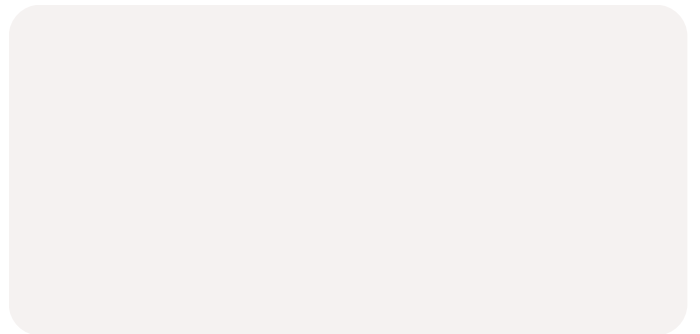
GRAINS



CONDIMENTS & SAUCES



MISC



meal PLANNING

| | BREAKFAST | LUNCH | DINNER |
|-----------|-----------|-------|--------|
| SUNDAY | | | |
| MONDAY | | | |
| TUESDAY | | | |
| WEDNESDAY | | | |
| THURSDAY | | | |
| FRIDAY | | | |
| SATURDAY | | | |

fasting TRACKER

WEEK

FASTING
WINDOW

FOOD DIARY

CHECK
OFF

S

☐

M

☐

T

☐

W

☐

TH

☐

F

☐

S

☐

savings GOAL

SAVING FOR:

SAVING GOAL:

START BALANCE:

TARGET DATE:

MOTIVATION:



100%

90%

80%

70%

60%

50%

40%

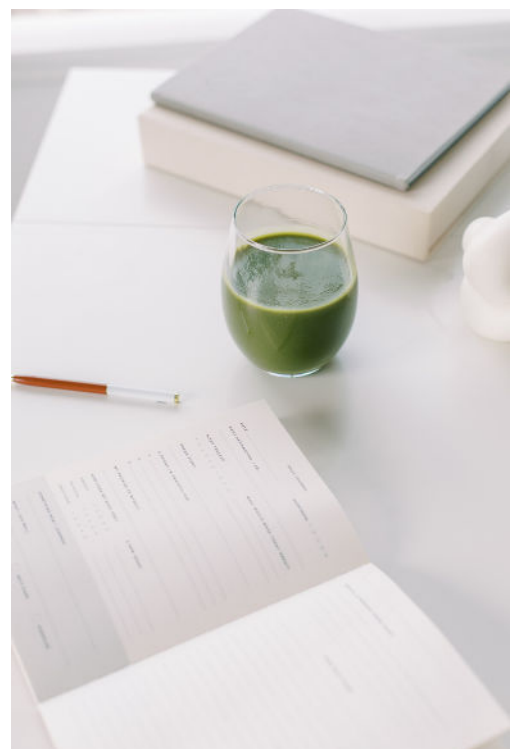
30%

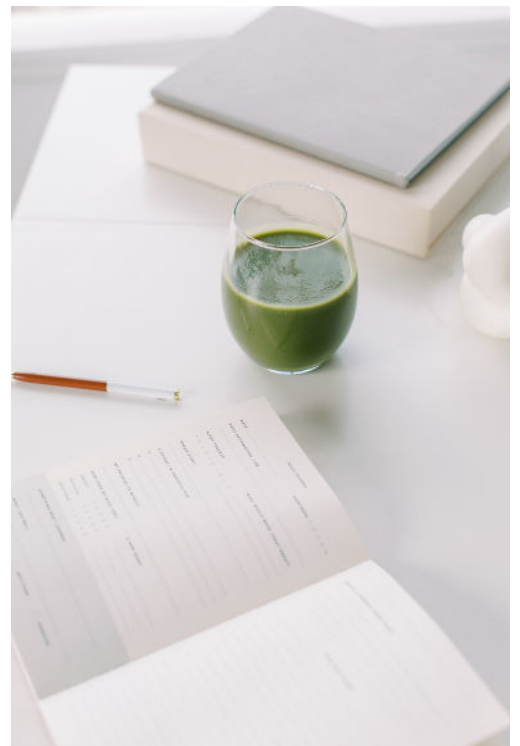
20%

10%

STRIVE MORE MORE
journal

Use these pages to journal your journey. Start writing where you are, and how you feel when you start. Then document how the journey is going, and what changes you are starting to see and feel. Then, as you are ending the challenge, how do you look and feel now? What changes do you notice?

[illegible]

[illegible]

[illegible]