



The 1% Rocky Challenge



This month we are going to challenge you to step into the ring with your biggest opponent, yourself! All great champions know in order to stay on top you have to stay hungry and keep improving. Improving not just your strength, but more importantly, your strategies. When stepping in the ring against yourself you want to be able to outlast and be better than the person you were yesterday.

In each Rocky movie, Rocky was always faced with an opponent, a life challenge, and/or a self belief obstacle. He was able to overcome these challenges by training hard and training differently. Rocky had to become more to have more.

The 1% Rocky Challenge is about doing something 1% differently every day for one month to become more. One percent of your day is only 15 minutes. Your challenge is to add a new healthy habit to your day that will help you out perform the old you, and become the new champion of your life.

Some ideas: 15 minutes of exercise, reading something positive, clean out your office, research a goal, meal prep

Make a big "X" in the box when you WIN each day!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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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					